



TRAINING SCHEDULE FOR: 2019 Revel Big Bear - November 9, 2019

Beginner: 0-3 previous marathons (B)

Advanced: 4+ previous marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	5/18	4 (B) 6 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	5/25	5 (B) 7 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	6/1	6 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	6/8	7 (B) 9 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	6/15	8 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	6/22	9 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
7	6/29	10 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
8	7/6	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
9	7/13	12 (B) 14 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 50 min	Rest
10	7/20	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
11	7/27	14 (B) 16 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
12	8/3	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
13	8/10	16 (B) 18 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
14	8/17	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
15	8/24	12 (B) 12 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
16	8/31	18 (B) 20 (A)	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
17	9/7	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
18	9/14	12 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
19	9/21	20 (B) 22 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
20	9/28	10 (B) 10(A)	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
21	10/5	12 (B) 12 (A)	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
22	10/12	22 (B) 24 (A)	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
23	10/19	10 (B) 10 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
24	10/26	8 (B) 8 (A)	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
25	11/2	8 (B) 8 (A)	Rest	Rest	Run 30 min	Rest	Rest (B) Run 30 min (A)	Rest
26	11/9	Sat, Nov, 9th 26.2 miles	Wear your medal all day	Walk 3 miles	Rest	Walk 4 miles	Swim	Rest
		3-4 (B) 6-8 (A) Take it slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				