



## TRAINING SCHEDULE FOR: Long Beach Half Marathon, October 13, 2019

Beginner: 0-3 previous half marathons (B)

Advanced: 4+ previous half marathons (A)

Week	Date	Sat. Miles	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	7/20	3 (B) 8 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
2	7/27	4 (B) 9 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
3	8/3	5 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
4	8/10	6 (B) 12 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
5	8/17	7 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
6	8/24	8 (B) 13 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
7	8/31	9 (B) 12 (A)	Trail Run/Walk	Cross-train 45-60 min	Strength 4 miles (A) Hills	Yoga/Swim 45-60 min	Strength 4 miles	Rest
8	9/7	10 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
9	9/14	11 (B) 12 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
10	9/21	10 (B) 10 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
11	9/28	12 (B) 8 (A)	Trail Run/Walk	Cross-train 45-60 min (A) Track	Strength 4 miles	Yoga/Swim 45-60 min	Strength 4 miles	Rest
12	10/5	6 (B) 6 (A)	Trail Run/Walk	Cross-train 30 min	Strength 3 miles	Yoga/Swim 45-60 min	Rest	Rest
13	10/12	Rest	<b>Sunday October 13 13.1 miles</b>	<b>Wear your medal all day</b>	3 miles max	Yoga/Swim	Walk 30 min	Rest