

## TRAINING SCHEDULE FOR:

## Long Beach Marathon October 4, 2020

Beginner: 0-3 previous marathons (B) Advanced: 4+ previous marathons (A)

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1		4 (B)	Walk	Alternate	Run	Cross-	Run	Rest
		6 (A)	30 min	Exercise	40 min	Train	40 min	
				40 min		40 min		
2		5 (B)	Walk	Alternate	Run	Cross-	Run	Rest
		7 (A)	30 min	Exercise	40 min	Train	40 min	
				40 min		40 min		
3		6 (B)	Trail Run	Alternate	Run	Cross-	Run	Rest
		8 (A)	Walk	Exercise	40 min	Train	40 min	
				40 min		40 min		
4		7 (B)	Trail Run	Alternate	Run	Cross-	Run	Rest
		9 (A)	Walk	Exercise	40 min	Train	40 min	
				40 min		40 min		
5		8 (B)	Trail Run	Alternate	Run	Cross-	Run	Rest
		10 (A)	Walk	Exercise	40 min	Train	40 min	
			, , , , , , , , , , , , , , , , , , , ,	40 min		40 min		
6		9 (B)	Trail Run	Alternate	Run	Cross-	Run	Rest
		8 (A)	Walk	Exercise	40 min	Train	40 min	11000
		0 (11)	,,,	40 min		40 min	10 11111	
7		10 (B)	Walk	Alternate	Run	Cross-	Run	Rest
		12 (A)	30 min	Exercise	50 min	Train	50 min	Ttost
		12 (11)		40 min		40 min		
8		8 (B)	Trail Run	Alternate	Run	Cross-	Run	Rest
		8 (A)	Walk	Exercise	40 min	Train	40 min	11000
		0 ()	, , , , , , , , , , , , , , , , , , , ,	40 min		40 min		
9		12 (B)	Walk	Alternate	Run	Cross-	Run	Rest
		14 (A)	30 min	Exercise	60 min w/	Train	50 min	11000
				40 min	hill repeats	50 min		
10		8 (B)	Trail Run	Alternate	Run	Cross-	Run	Rest
		8 (A)	Walk	Exercise	40 min w/	Train	40 min	
		0 (11)	,,,	40 min	hill repeats	50 min	10 11111	
11		14 (B)	Walk	Alternate	Run	Cross-	Run	Rest
		16 (A)	30 min	Exercise	60 min w/	Train	60 min	
				40 min	hill repeats	50 min		
12		10 (B)	Trail Run	Alternate	Run	Cross-	Run	Rest
		10 (A)	Walk	Exercise	40 min w/	Train	40 min	
			,, 4111	40 min	hill repeats	50 min		
13		11/2	Walk	Alternate	Run	Cross-	Run	Rest
			30 min	Exercise	60 min w/	Train	60 min	11001
			Jo IIIII	40 min	hill repeats	50 min		

Week	Date	11/9	Sun	Mon	Tues	Wed	Thurs	Fri	
14		11/16	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest	
15		11/23	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest	
16		11/30	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest	
17		12/7	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest	
18		12/14	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest	
19		12/21	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest	
20		12/28	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest	
21		1/4	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest	
22		1/11	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest	
23		1/18	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest	
24		1/25	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest	
25		8 (B) 8 (A)	Rest	Rest	Run 30 min	Rest	Rest (B) Run 30 min (A)	Rest	
26		Sunday, Oct. 4 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!					