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) 6 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
2		5 (B) 7 (A)	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
3		6 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
4		7 (B) 9 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
5		8 (B) 10 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
6		9 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
7		10 (B) 12 (A)	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross-Train 40 min	Run 50 min	Rest
8		8 (B) 8 (A)	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
9		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		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		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		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		11/2	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross-Train 50 min	Run 60 min	Rest

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!				