



TRAINING SCHEDULE FOR:
Long Beach Marathon
October 9, 2022

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
1	4/9	4	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
2	4/16	5	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
3	4/23	6	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
4	4/30	7	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
5	5/7	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
6	5/14	9	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
7	5/21	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
8	5/28	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
9	6/4	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
10	6/11	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
11	6/18	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
12	6/25	14	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
13	7/2	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
14	7/9	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest



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Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
15	7/16	16	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
16	7/23	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
17	7/30	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
18	8/6	18	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
19	8/13	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
20	8/20	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
21	8/27	20	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
22	9/3	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
23	9/10	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
24	9/17	22	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
25	9/24	10	Walk 30min	Easy 3 miles	Cross-train 45-60min	Easy 3 miles	Cross-train 45-60min	Rest
26	10/1	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest
27	10/8	Rest	Race Day	Walk 3 miles Medal Monday	Rest	Walk 4miles	Swim	Rest
28	10/15	3-4(B) 6-8(A) Slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				