



TRAINING SCHEDULE FOR:
Long Beach Marathon
October 15, 2023

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
1	4/15	4	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
2	4/22	5	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
3	4/29	6	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
4	5/6	7	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
5	5/13	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
6	5/20	9	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
7	5/27	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
8	6/3	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
9	6/10	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
10	6/17	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
11	6/24	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
12	7/1	14	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
13	7/8	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
14	7/15	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	7/22	16	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
16	7/29	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
17	8/5	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
18	8/12	18	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
19	8/19	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
20	8/26	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
21	9/2	20	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
22	9/9	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
23	9/16	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
24	9/23	22	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
25	9/30	10	Walk 30min	Easy 3 miles	Cross-train 45-60min	Easy 3 miles	Cross-train 45-60min	Rest
26	10/7	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest
27	10/14	Rest	Race Day	Walk 3 miles Medal Monday	Rest	Walk 4miles	Swim	Rest
28	10/21	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!				