

TRAINING SCHEDULE FOR: Long Beach Marathon October 15, 2023

		Sat						
Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri
				Speed	Cross-train 45	Hill	Cross-train	
1	4/15	4	Walk 30min	Work	60min	Repeats	45-60min	Rest
				Speed	Cross-train 45	Hill	Cross-train	
2	4/22	5	Walk 30min	Work	60min	Repeats	45-60min	Rest
				Speed	Cross-train 45	Hill	Cross-train	
3	4/29	6	Walk 30min	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
4	5/6	7	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
5	5/13	8	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
6	5/20	9	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
7	5/27	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
8	6/3	8	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
9	6/10	12	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
10	6/17	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
11	6/24	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
12	7/1	14	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45		Cross-train	
13	7/8	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
14	7/15	10	Run/Walk	Work	60min	Repeats	45-60min	Rest



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October 15, 2023

		Sat								
Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri		
			Trail	Speed	Cross-train 45	Hill	Cross-train			
15	7/22	16	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			T !!	C	Constanting AF		Carana Auraina			
1.0	7/20	10	Trail	Speed	Cross-train 45		Cross-train	Doot		
16	7/29	10	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			Trail	Speed	Cross-train 45	Hill	Cross-train			
17	8/5	11	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			Trail	Speed	Cross-train 45	Hill	Cross-train			
18	8/12	18	Run/Walk	Work	60min	Repeats	45-60min	Rest		
10	0/12	10						rese		
			Trail	Speed	Cross-train 45		Cross-train			
19	8/19	10	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			Trail	Speed	Cross-train 45	Hill	Cross-train			
20	8/26	11	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			- ·		45					
24	0./2	20	Trail	Speed	Cross-train 45		Cross-train	Doot		
21	9/2	20	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			Trail	Speed	Cross-train 45	Hill	Cross-train			
22	9/9	10	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			Trail	Speed	Cross-train 45	Hill	Cross-train			
23	9/16	12	Run/Walk	Work	60min	Repeats	45-60min	Rest		
	3/10							rese		
			Trail	Speed	Cross-train 45		Cross-train			
24	9/23	22	Run/Walk	Work	60min	Repeats	45-60min	Rest		
				Easy 3	Cross-train 45	Easy 3	Cross-train			
25	9/30	10	Walk 30min	miles	60min	miles	45-60min	Rest		
				F2		E2				
26	10/7	0	Walk 20min	Easy 3	Post	Easy 3	Post	Post		
26	10/7	8	Walk 30min	miles Walk 3	Rest	miles	Rest	Rest		
				miles						
				Medal		Walk				
27	10/14	Rest	Race Day	Monday	Rest	4miles	Swim	Rest		
	_	3-4(B)		After your marathon, take three weeks of really slow						
		6-8(A)		running before resuming training.						
28	10/21	Slow!	Rest	LISTEN TO YOUR BODY!						