

# AREC 2019 Long Beach Marathon Training Schedule

Week	Mo	Tu *I	We	Th	Fr	Sa *I	Su	Weekly Total	Weekly Total *I
1 13-May	3	3	3	3	Rest	5	Rest	14	17
2 20-May	4	3	3	4	Rest	6	Rest	17	20
3 27-May	4	3	3	4	Rest	6 Wrigley 10K	Rest	17	20
4 3-Jun	3	2	3	2	Rest	7	Rest	15	17
5 10-Jun	2	4	3	3	Rest	6	Rest	14	18
6 17-Jun	3	3 Speed 2	5	3	Rest	8 GP 5	Rest	19	22
7 24-Jun	4	3 Speed 2	5	3	Rest	9	Rest	21	24
8 1-Jul	3		3	3	Rest	10 GP 6	Rest	19	19
9 8-Jul	3	3 Speed 2.5	5	3	Rest	12	Rest	23	26
10 15-Jul	6	3 Speed 2.5	5	4	Rest	10 GP 7	Rest	25	28
11 22-Jul	4	4 Speed 2.5	5	4	Rest	14	Rest	27	31
12 29-Jul	3	3	5	3	Rest	12 GP 8	Rest	23	26
13 5-Aug	6	3 Speed 3	5	5	Rest	16	Rest	32	35
14 12-Aug	8	4 Speed 3	5	8	Rest	12 GP 9	Rest	33	37
15 19-Aug	7	4 Speed 3	5	6	Rest	18	Rest	36	40
16 26-Aug	6	3	5	5	Rest	13 AREC 1/2	Rest	29	32
17 2-Sep	8	4 Speed 3	5	7	Rest	20	Rest	40	44
18 9-Sep	8	8 Speed 3	5	7	Rest	12 GP 10	Rest	32	40
19 16-Sep	8	8 Speed 3	5	7	Rest	20	Rest	40	48
20 23-Sep	6	6	5	5	Rest	12 GP 10	Rest	28	34
21 30-Sep	5	5 Speed 1.5	5	4	Rest	8	Rest	22	27
22 7-Oct	4	3 GP 1	3	2	Rest		26.2	35.2	38.2

All novice/beginner runners are encouraged to complete mileage in blue columns.

**ONLY** \*I(ntermediate) runners are encouraged to complete the additional workouts in green columns.

GP # = number of miles to run at marathon goal race pace of the daily mileage

Speed # = number of miles of interval (800m or 1000 m or hill repeats) of the daily mileage