

AREC 2021 Long Beach Marathon Training Schedule

Week		Mo	Tu	We	Th	Fr	Sa	Su	Weekly Total
1	10-May	3	4 3 *	3	3	Rest	5	Rest	14
2	17-May	4	3	3	4	Rest	5	Rest	16
3	24-May	4	3	3	4	Rest	6	Rest	17
4	31-May	3	2	3	2	Rest	6 Wrigley 10K?	Rest	14
5	7-Jun	2	4	3	3	Rest	7	Rest	15
6	14-Jun	3	3 Speed 2	5	3	Rest	8 GP 5	Rest	19
7	21-Jun	4	3 Speed 2	5	3	Rest	9	Rest	21
8	28-Jun	3		3	3	Rest	10 GP 6	Rest	19
9	5-Jul	3	3 Speed 2.5	5	3	Rest	12	Rest	23
10	12-Jul	6	3 Speed 2.5	5	4	Rest	10 GP 7	Rest	25
11	19-Jul	4	4 Speed 2.5	5	4	Rest	14	Rest	27
12	26-Jul	3	3	5	3	Rest	12 GP 8	Rest	23
13	2-Aug	6	3 Speed 3	5	5	Rest	16	Rest	32
14	9-Aug	8	4 Speed 3	5	8	Rest	12 GP 9	Rest	33
15	16-Aug	7	4 Speed 3	5	6	Rest	18	Rest	36
16	23-Aug	6	3	5	5	Rest	13.1 AREC 1/2	Rest	29
17	30-Aug	8	4 Speed 3	5	7	Rest	20	Rest	40
18	6-Sep	8	8 Speed 3	5	7	Rest	12 GP 10	Rest	32
19	13-Sep	8	8 Speed 3	5	7	Rest	20	Rest	40
20	20-Sep	6	6	5	5	Rest	12 GP 10	Rest	28
21	27-Sep	5	5 Speed 1.5	5	4	Rest	8	Rest	22
22	4-Oct	4	3 GP 1	3	2	Rest		26.2	35.2

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

