



# AREC 2021 Long Beach Half Marathon Training Schedule



Week	Mo	Tu *	We	Th	Fr	Sa *	Su	Weekly Total	Weekly Total*
1 10-May	3	3	3	3		3		12	15
2 17-May	3	3	3	3		4		13	16
3 24-May	3	4	3	3		5		14	18
4 31-May	3	3	3	2		3		11	14
5 7-Jun	4	4	3	3		5		15	19
6 14-Jun	4	5 Speed 2	3	3		6 GP 3		16	21
7 21-Jun	4	6 Speed 2	3	3		7		17	23
8 28-Jun	3	4 Speed	3	2		6 GP 4		14	18
9 5-Jul	4	7 2.5 Speed	3	3		8		18	25
10 12-Jul	4	8 2.5 Speed	5	4		6 GP 4		19	27
11 19-Jul	4	8 2.5 Speed	5	4		7		20	28
12 26-Jul	3	6	3	3		8 GP 5		17	23
13 2-Aug	4	8 Speed 3	5	4		9		22	30
14 9-Aug	6	8 Speed 3	5	5		8 GP 5		24	32
15 16-Aug	6	8 Speed 3	5	5		10		26	34
16 23-Aug	6	6	5	4		6		21	27
17 30-Aug	6	8 Speed 3	5	6		10		27	35
18 6-Sep	6	8 Speed 3	5	5		12 GP 6		28	36
19 13-Sep	4	6	5	4		10		23	29
20 20-Sep	7	8 Speed 3	5	6		12 GP 6		30	38
21 27-Sep	6	5 Speed 1	5	4		6		21	26
22 4-Oct	4	3 GP 1	3	2			13.1	22.1	25.1

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 (400m - 1000 m or hill repeats) of the daily mileage