



AREC 2022 Long Beach Half Marathon Training Schedule



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

^Mock race
 ^^ Wrigley River Run