



AREC 2022 Long Beach Marathon Training Schedule



Week	Mo	Tu *	We	Th	Fr	Sa *	Su	Weekly Total	Weekly Total*
1 9-May	3	3	3	3		5		14	17
2 16-May	4	3	3	4		5		16	19
3 23-May	4	3	3	4		6		17	20
4 30-May	3	2	3	2		6 ^{^^}		14	16
5 6-Jun	2	4	3	3		7		15	19
6 13-Jun	3	3 Speed 2	5	3		8 GP 5		19	22
7 20-Jun	4	3 Speed 2	5	3		9		21	24
8 27-Jun	3		3	3		10 GP 6		19	19
9 4-Jul	3	3 Speed 2.5	5	3		12		23	26
10 11-Jul	6	3 Speed 2.5	5	4		10 GP 7		25	28
11 18-Jul	4	4 Speed 2.5	5	4		14		27	31
12 25-Jul	3	3	5	3		12 GP 8		23	26
13 1-Aug	6	3 Speed 3	5	5		16		32	35
14 8-Aug	8	4 Speed 3	5	8		12 GP 9		33	37
15 15-Aug	7	4 Speed 3	5	6		18		36	40
16 22-Aug	6	3	5	5		13 [^]		29.1	32.1
17 29-Aug	8	4 Speed 3	5	7		20		40	44
18 5-Sep	8	8 Speed 3	5	7		12 GP 10		32	40
19 12-Sep	8	8 Speed 3	5	7		20		40	48
20 19-Sep	6	6	5	5		12 GP 10		28	34
21 26-Sep	5	5 Speed 1.5	5	4		8		22	27
22 3-Oct	4	3 GP 1	3	2			26.2	35.2	38.2

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

ONLY *(intermediate) 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

[^]Mock race

^{^^}Wrigley River Run