



# AREC 2023 Long Beach Half Marathon Training Schedule



Week	Mo	Tu *	We	Th	Fr	Sa *	Su	Weekly Total	Weekly Total*
1 15-May	3	3	3	3		3		12	15
2 22-May	3	3	3	3		4		13	16
3 29-May	3	4	3	3		5^^		14	18
4 5-Jun	3	3	3	2		3		11	14
5 12-Jun	4	4	3	3		5		15	19
6 19-Jun	4	5 Speed 2	3	3		6 GP 3		16	21
7 26-Jun	4	6 Speed 2	3	3		7		17	23
8 3-Jul	3	4	3	2		6 GP 4		14	18
9 10-Jul	4	7 Speed 2.5	3	3		8		18	25
10 17-Jul	4	8 Speed 2.5	5	4		6 GP 4		19	27
11 24-Jul	4	8 Speed 2.5	5	4		7		20	28
12 31-Jul	3	6	3	3		8 GP 5		17	23
13 7-Aug	4	8 Speed 3	5	4		9		22	30
14 14-Aug	6	8 Speed 3	5	5		8 GP 5		24	32
15 21-Aug	6	8 Speed 3	5	5		10		26	34
16 28-Aug	6	6	5	4		6^		21	27
17 4-Sep	6	8 Speed 3	5	6		10		27	35
18 11-Sep	6	8 Speed 3	5	5		12 GP 6		28	36
19 18-Sep	4	6	5	4		10		23	29
20 25-Sep	7	8 Speed 3	5	6		12 GP 6		30	38
21 2-Oct	6	5 Speed 1	5	4		6		21	26
22 9-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** \*(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 (400m - 1000 m or hill repeats) of the daily mileage

^Mock race  
 ^^ Wrigley River Run