



# AREC 2023 Long Beach Marathon Training Schedule



Week	Mo	Tu *I	We	Th	Fr	Sa *I	Su	Weekly Total	Weekly Total*
1 15-May	3	3	3	3		5		14	17
2 22-May	4	3	3	4		5		16	19
3 29-May	4	3	3	4		6^^		17	20
4 5-Jun	3	2	3	2		6		14	16
5 12-Jun	2	4	3	3		7		15	19
6 19-Jun	3	3 Speed 2	5	3		8 GP 5		19	22
7 26-Jun	4	3 Speed 2	5	3		9		21	24
8 3-Jul	3		3	3		10 GP 6		19	19
9 10-Jul	3	3 Speed 2.5	5	3		12		23	26
10 17-Jul	6	3 Speed 2.5	5	4		10 GP 7		25	28
11 24-Jul	4	4 Speed 2.5	5	4		14		27	31
12 31-Jul	3	3	5	3		12 GP 8		23	26
13 7-Aug	6	3 Speed 3	5	5		16		32	35
14 14-Aug	8	4 Speed 3	5	8		12 GP 9		33	37
15 21-Aug	7	4 Speed 3	5	6		18		36	40
16 28-Aug	6	3	5	5		13^		29.1	32.1
17 4-Sep	8	4 Speed 3	5	7		20		40	44
18 11-Sep	8	8 Speed 3	5	7		12 GP 10		32	40
19 18-Sep	8	8 Speed 3	5	7		20		40	48
20 25-Sep	6	6	5	5		12 GP 10		28	34
21 2-Oct	5	5 Speed 1.5	5	4		8		22	27
22 9-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** \*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 (800m or 1000 m or hill repeats) of the daily mileage

^Mock race

^^ Wrigley River Run