

A RUNNING EXPERIENCE CLUB

2024 Long Beach Marathon Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 11: 5	0	3	XT	4	2	0	14
2	May 18: 6	0	4	XT	4	2	0	16
3	May 25: 7	0	4	XT	4	3	0	17
4	Jun 01: 10k	0	4	XT	4	3	0	18
5	Jun 08: 9	0	5	XT	5	3	0	22
6	Jun 15: 10	0	5	XT	5	3	0	23
7	Jun 22: 12	0	5	XT	5	3	0	25
8	Jun 29: 10	0	6	XT	6	3	0	25
9	July 06: 14	0	6	XT	6	3	0	29
10	July 13: 12	0	7	XT	7	3	0	29
11	July 20: 16	0	7	XT	7	3	0	33
12	July 27: 12	0	7	XT	7	3	0	29
13	Aug 03: 18	0	7	XT	7	3	0	35
14	Aug 10: ½ Mar.	0	7	XT	7	3	0	30
15	Aug 17: 18	0	7	XT	7	3	0	35
16	Aug 24: 14	0	8	XT	8	3	0	33
17	Aug 31: 20	0	8	XT	8	3	0	31
18	Sept 07: 16	0	6	XT	6	3	0	34
19	Sept 14: 20	0	4	XT	5	3	2	28
20	Sept 21 14	0	4	XT	5	3	2	28
21	Sept 28: 8							
22	Oct 5: 4	easy						
23	Oct 6: 26.2	LB Marathon						

Note: Daily numbers are listed in miles. Total = total weekly mileage. All run distances include a 1 mi warm up and 1 mi cool down at jog pace.