

A RUNNING EXPERIENCE CLUB

2025 Long Beach Marathon Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 10: 5	0	3	XT	4	2	0	14
2	May 17: 6	0	4	XT	4	2	0	16
3	May 24: 7	0	4	XT	4	3	0	17
4	May 31: 10k	0	4	XT	4	3	0	18
5	Jun 07: 9	0	5	XT	5	3	0	22
6	Jun 14: 10	0	5	XT	5	3	0	23
7	Jun 21: 12	0	5	XT	5	3	0	25
8	Jun 28: 10	0	6	XT	6	3	0	25
9	July 05: 14	0	6	XT	6	3	0	29
10	July 12: 12	0	7	XT	7	3	0	29
11	July 19: 16	0	7	XT	7	3	0	33
12	July 26: 14	0	7	XT	7	3	0	31
13	Aug 02: 18	0	7	XT	7	3	0	35
14	Aug 09: ½ Mar.	0	7	XT	7	3	0	30
15	Aug 16: 18	0	7	XT	7	3	0	35
16	Aug 23: 14	0	8	XT	8	3	0	33
17	Aug 30: 20	0	8	XT	8	3	0	31
18	Sept 06: 16	0	6	XT	6	3	0	34
19	Sept 13: 20	0	4	XT	5	3	2	28
20	Sept 20 14	0	4	XT	5	3	2	28
21	Sept 27: 8							
22	Oct 4: 4	easy						
23	Oct 5: 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.