

# ***A RUNNING EXPERIENCE CLUB***

## **2026 Long Beach Marathon Training Schedule**

<b>Week #</b>	<b>Sat. - AREC</b>	<b>Sun.</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed. - AREC</b>	<b>Thurs.</b>	<b>Fri.</b>	<b>Total</b>
1	<b>May 09: 5</b>	0	3	XT	4	2	0	14
2	<b>May 16: 6</b>	0	4	XT	4	2	0	16
3	<b>May 23: 7</b>	0	4	XT	4	3	0	17
4	<b>May 30: 9</b>	0	4	XT	4	3	0	18
5	<b>Jun 06: 10K</b>	0	5	XT	5	3	0	22
6	<b>Jun 13: 10</b>	0	5	XT	5	3	0	23
7	<b>Jun 20: 12</b>	0	5	XT	5	3	0	25
8	<b>Jun 27: 10</b>	0	6	XT	6	3	0	25
9	<b>July 04: 14</b>	0	6	XT	6	3	0	29
10	<b>July 11: 12</b>	0	7	XT	7	3	0	29
11	<b>July 18: 16</b>	0	7	XT	7	3	0	33
12	<b>July 25: 14</b>	0	7	XT	7	3	0	31
13	<b>Aug 01: 18</b>	0	7	XT	7	3	0	35
14	<b>Aug 08: ½ Mar.</b>	0	7	XT	7	3	0	30
15	<b>Aug 15: 18</b>	0	7	XT	7	3	0	35
16	<b>Aug 22: 14</b>	0	8	XT	8	3	0	33
17	<b>Aug 29: 20</b>	0	8	XT	8	3	0	31
18	<b>Sept 05: 16</b>	0	6	XT	6	3	0	34
19	<b>Sept 12: 20</b>	0	4	XT	5	3	2	28
20	<b>Sept 19: 14</b>	0	4	XT	5	3	2	28
21	<b>Sept 26: 12</b>	0	4	XT	5	3	2	26
22	<b>Oct 03: 8</b>	<b>easy</b>						
23	<b>Oct 11: 26.2</b>	<b>LB Marathon</b>						

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.