



A RUNNING EXPERIENCE CLUB



2010 Long Beach Marathon “Novice” Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 22: 5	0	3	XT	4	2	0	14
2	*May 29: 6	0	3	XT	4	2	0	15
3	June 5: 7	0	4	XT	4	2	0	17
4	*June 12: 10K	0	4	XT	4	3	0	17
5	*June 19: 8	0	4	XT	4	3	0	19
6	June 26: 9	0	5	XT	5	3	0	22
7	July 3: 10	0	5	XT	5	3	0	23
8	July 10: 7 or 10K	0	5	XT	5	3	0	20
9	July 17: 12	0	5	XT	5	3	0	25
10	*July 24: 10	0	6	XT	6	3	0	25
11	July 31: 14	0	6	XT	6	3	0	29
12	Aug. 7: 12	0	7	XT	7	3	0	29
13	Aug. 14: 16	0	7	XT	7	3	0	33
14	*Aug. 21: 12	0	7	XT	7	3	0	29
15	Aug. 28: 18	0	7	XT	7	3	0	35
16	*Sept. 4: ½ Mar.	0	7	XT	7	3	0	30
17	Sept. 11: 20	0	7	XT	7	3	0	37
18	Sept. 18: 12	0	8	XT	8	3	0	31
19	Sept. 25: 20	0	8	XT	8	3	0	39
20	Oct. 2: 12	0	6	XT	6	3	0	27
21	Oct. 9: 8	0	4	XT	4	3	0	19
22	Oct. 16: 0	Marathon!	0	2	3	2	0	33

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.

Daily runs should be performed at 75-80% effort (not too hard, not too easy – able to carry on a conversation)

XT = Cross-training - swimming, biking, etc. (i.e. - elevated heart rate, non-impact) * = **Check Program Info and Special Dates document!**