



# A RUNNING EXPERIENCE CLUB



## 2010 Long Beach Half Marathon “Novice” Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 22: 3.5	0	3	XT	3	2	0	12
2	*May 29: 4	0	3	XT	3	2	0	12
3	June 5: 4	0	3	XT	4	2	0	13
4	*June 12: 5K	0	3	XT	4	3	0	13
5	*June 19: 5	0	3	XT	4	3	0	15
6	June 26: 6	0	4	XT	4	3	0	17
7	July 3: 7	0	4	XT	4	3	0	18
8	July 10: 7 or 10K	0	4	XT	5	3	0	19
9	July 17: 8	0	4	XT	5	3	0	20
10	*July 24: 6	0	5	XT	5	3	0	19
11	July 31: 7	0	5	XT	5	3	0	20
12	Aug. 7: 8	0	5	XT	5	4	0	22
13	Aug. 14: 9	0	5	XT	5	4	0	23
14	*Aug. 21: 8	0	5	XT	5	4	0	22
15	Aug. 28: 10	0	6	XT	6	4	0	26
16	*Sept 4: 10K	0	6	XT	6	4	0	22
17	Sept. 11: 10	0	6	XT	6	3	0	25
18	Sept. 18: 12	0	7	XT	6	3	0	28
19	Sept. 25: 10	0	7	XT	6	3	0	26
20	Oct. 2: 12	0	5	XT	6	3	0	26
21	Oct. 9: 6	0	3	XT	3	2	0	14
22	Oct. 16: 0	½ Marathon!	0	2	3	2	0	20

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!