

2009 Long Beach Half Marathon Novice Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 16: 3.5	0	3	XT	3	2	0	12
2	May 23: 4	0	3	XT	3	2	0	12
3	May 30: 4	0	3	XT	4	2	0	13
4	*June 6: 5K	0	3	XT	4	2	0	12
5	*June 13: 5	0	3	XT	2	*June 18 Race	0	15
6	June 20: 6	0	4	XT	4	3	0	17
7	*June 27: 7	0	4	XT	4	3	0	18
8	July 4: 7 or 10K	0	4	XT	5	3	0	19
9	July 11: 8	0	4	XT	5	3	0	20
10	*July 18: 6	0	5	XT	5	3	0	19
11	July 25: 7	0	5	XT	5	3	0	20
12	Aug. 1: 8	0	5	XT	5	4	0	22
13	Aug. 8: 9	0	5	XT	5	4	0	23
14	*Aug. 15: 8	0	5	XT	5	4	0	22
15	Aug. 22: 10	0	6	XT	6	4	0	26
16	*Aug. 29: 10K	0	6	XT	6	4	0	22
17	Sept. 5: 10	0	6	XT	6	3	0	25
18	Sept. 12: 12	0	7	XT	6	3	0	28
19	Sept. 19: 10	0	7	XT	6	3	0	26
20	Sept. 26: 12	0	5	XT	6	3	0	26
21	Oct. 3: 6	0	3	XT	3	2	0	14
22	Oct. 10: 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 special dates on previous page of this document!