

A RUNNING EXPERIENCE CLUB

2008 Long Beach Half Marathon Novice Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 17: 3.5	0	3	2	3	2	0	13
2	May 24: 4	0	3	2	3	2	0	14
3	May 31: 4	0	3	2	3	2	0	14
4	June 7: 5	0	3	2	3	2	0	15
5	*June 14: 5	0	3	2	2	*June 19 Race	0	17
6	June 21: 6	0	4	2	4	2	0	18
7	*June 28: 7	0	4	2	4	2	0	19
8	July 5: 7	0	4	2	4	2	0	20
9	July 12: 8	0	4	2	4	2	0	21
10	July 19: 8	0	5	2	5	2	0	22
11	July 26: 7	0	5	2	5	2	0	21
12	Aug. 2: 8	0	5	3	5	3	0	24
13	Aug. 9: 9	0	5	3	5	3	0	25
14	*Aug. 16: Race	0	5	3	6	3	0	26
15	Aug. 23: 10	0	6	3	6	3	0	28
16	Aug. 30: 8	0	5	3	6	3	0	24
17	Sept. 6: 10	0	6	3	6	3	0	28
18	*Sept. 13: 12	0	6	3	6	3	0	30
19	Sept. 20: 10	0	5	3	5	3	0	26
20	Sept. 27: 12	0	6	3	5	2	0	28
21	Oct. 4: 6	0	3	2	3	2	0	16
22	Oct. 11: 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)

* = Check special dates on previous page of this document!