

## 2008 Long Beach Marathon Novice Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	May 17: 5	0	3	2	3	2	0	15
2	May 24: 6	0	3	2	3	2	0	16
3	May 31: 7	0	4	2	3	2	0	18
4	June 7: 8	0	4	2	4	2	0	20
5	*June 14: 9	0	4	2	4	*June 19 Race	0	24
6	June 21: 10	0	5	2	5	2	0	22
7	*June 28: 7	0	5	2	5	2	0	21
8	July 5: 10	0	5	3	5	3	0	26
9	July 12: 12	0	5	3	5	3	0	28
10	July 19: 13	0	6	3	6	3	0	31
11	July 26: 14	0	6	3	6	3	0	32
12	Aug. 2: 12	0	7	3	7	3	0	32
13	Aug. 9: 16	0	7	3	7	3	0	36
14	*Aug. 16: Race	0	7	3	7	3	0	30
15	Aug. 23: 18	0	6	3	7	3	0	37
16	Aug. 30: 12	0	7	3	7	3	0	32
17	Sept. 6: 20	0	6	3	6	3	0	38
18	*Sept. 13: 12	0	7	3	7	3	0	32
19	Sept. 20: 20	0	7	3	7	3	0	40
20	Sept. 27: 12	0	6	3	6	3	0	32
21	Oct. 4: 8	0	4	3	4	3	0	22
22	Oct. 11: 0	<b>Marathon!</b>	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)

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