

## 2009 Long Beach Marathon Novice Training Schedule

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

XT = Cross-training - swimming, biking, etc. (i.e. - elevated heart rate, non-impact) \* = **Check special dates on previous page of this document!**