

# AREC 2019 Long Beach Half Marathon Training Schedule

Week	Mo	Tu *I	We	Th	Fr	Sa *I	Su	Weekly Total	Weekly Total *I
1 13-May	3	3	3	3	Rest	3	Rest	12	15
2 20-May	3	3	3	3	Rest	4	Rest	13	16
3 27-May	3	4	3	3	Rest	3 Wrigley 5K	Rest	12	16
4 3-Jun	3	3	3	2	Rest	5	Rest	13	16
5 10-Jun	4	4	3	3	Rest	4	Rest	14	18
6 17-Jun	4	5 Speed 2	3	3	Rest	6 GP 3	Rest	16	21
7 24-Jun	4	6 Speed 2	3	3	Rest	7	Rest	17	23
8 1-Jul	3	4	3	2	Rest	6 GP 4	Rest	14	18
9 8-Jul	4	7 Speed 2.5	3	3	Rest	8	Rest	18	25
10 15-Jul	4	8 Speed 2.5	5	4	Rest	6 GP 4	Rest	19	27
11 22-Jul	4	8 Speed 2.5	5	4	Rest	7	Rest	20	28
12 29-Jul	3	6	3	3	Rest	8 GP 5	Rest	17	23
13 5-Aug	4	8 Speed 3	5	4	Rest	9	Rest	22	30
14 12-Aug	6	8 Speed 3	5	5	Rest	8 GP 5	Rest	24	32
15 19-Aug	6	8 Speed 3	5	5	Rest	10	Rest	26	34
16 26-Aug	6	6	5	4	Rest	6 AREC 10K	Rest	21	27
17 2-Sep	6	8 Speed 3	5	6	Rest	10	Rest	27	35
18 9-Sep	6	8 Speed 3	5	5	Rest	12 GP 6	Rest	28	36
19 16-Sep	4	6	5	4	Rest	10	Rest	23	29
20 23-Sep	7	8 Speed 3	5	6	Rest	12 GP 6	Rest	30	38
21 30-Sep	6	5 Speed 1	5	4	Rest	6	Rest	21	26
22 7-Oct	4	3 GP 1	3	2	Rest	Rest	13.1	22.1	25.1

All novice/beginner runners are encouraged to complete mileage in blue columns.

**ONLY** \*I(ntermediate) runners are encouraged to complete the additional workouts in green columns.

GP # = number of miles to run at marathon goal race pace of the daily mileage

Speed # = number of miles of interval (400m - 1000 m or hill repeats) of the daily mileage