

June 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	Info Meeting 6:30pm Building B Auditorium	8	9
11	12	13	14	15	16	17
18	19	20	21	22	23	24
Week 1 20 minutes Run/Walk	25 Rest	26 20 minutes Run/Walk	27 20 minutes Run/Walk	28 Rest	29 7am TRAINING BEGINS 3 Miles - Half 5 Miles - Full	30 Rest

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Rest 1
Week 2 2 20 minutes Run/Walk	Rest 3	20 minutes Run/Walk 4	20 minutes Run/Walk 5	Rest 6	7am 7 4 Miles – Half 6 Miles – Full	Rest 8
Week 3 9 25 minutes Run/Walk	Rest 10	25 minutes Run/Walk 11	25 minutes Run/Walk 12	Rest 13	7am 14 5 Miles – Half 7 Miles – Full	Rest 15
Week 4 16 25 minutes Run/Walk	Rest 17	25 minutes Run/Walk 18	25 minutes Run/Walk 19	Rest 20	7am 21 Mock 10K (6.1 miles) Half & Full	Rest 22
Week 5 23 30 minutes Run/Walk	Rest 24	30 minutes Run/Walk 25	30 minutes Run/Walk 26	Rest 27	7am 28 6 Miles – Half 8 Miles – Full	Rest 29
Week 6 30 35 minutes Run/Walk	Rest 31					

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6 (continued)		1 35 minutes Run/Walk	2 35 minutes Run/Walk	3 Rest	4 7am 7 Miles – Half 9 Miles – Full	5 Rest
Week 7 6 40 minutes Run/Walk	7 Rest	8 40 minutes Run/Walk	9 40 minutes Run/Walk	10 Rest	11 7am 8 Miles – Half 10 Miles – Full	12 Rest
Week 8 13 50 minutes Run/Walk	14 Rest	15 50 minutes Run/Walk	16 50 minutes Run/Walk	17 Rest	18 7am 6 Miles – Half 12 Miles – Full	19 Rest
Week 9 20 50 minutes Run/Walk	21 Rest	22 50 minutes Run/Walk	23 50 minutes Run/Walk	24 Rest	25 TIME CHANGE 6am 7 Miles – Half 14 Miles – Full	26 Rest
Week 10 27 50 minutes Run/Walk	28 Rest	29 50 minutes Run/Walk	30 50 minutes Run/Walk	31 Rest		

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10 (continued)					6am 1 8 miles – Half 16 miles – Full	Rest 2
Week 11 3 50 minutes Run/Walk	Rest 4	50 minutes Run/Walk 5	50 minutes Run/Walk 6	Rest 7	LOTH 8 <u>No Training On Campus</u> 9 Miles – Half 18 Miles – Full	Rest 9
Week 12 10 50 minutes Run/Walk	Rest 11	50 minutes Run/Walk 12	50 minutes Run/Walk 13	Rest 14	FUN DAY! 15 6am 10 Miles – Half 20 Miles – Full	Rest 16
Week 13 17 40 minutes Run/Walk	Rest 18	40 minutes Run/Walk 19	40 minutes Run/Walk 20	Rest 21	TIME CHANGE 22 7 am 5 Miles – Half 10 Miles – Full	Rest 23
Week 14 24 40 minutes Run/Walk	Rest 25	40 minutes Run/Walk 26	40 minutes Run/Walk 27	Rest 28	7am 29 5 Miles – Half 10 Miles – Full	Rest 30

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 15 40 minutes Run/Walk 1	Rest 2	40 minutes Run/Walk 3	40 minutes Run/Walk 4	RED SHIRT DINNER 5 Full Night's Rest	Expo Gear Prep 6	RACE DAY: Long Beach Marathon! 7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				