

# June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	Info Meeting 6:30pm Chapel – Building A	14	15	
17	18	19	20	21	22	23	
Week 1 20 minutes Run/Walk	24 Rest	25	20 minutes Run/Walk	26	20 minutes Run/Walk	27	Rest
					7am TRAINING BEGINS 3 miles – Half 5 miles – Full	29	30

# July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 2</b> 1 20 minutes Run/Walk	2 <b>Rest</b>	3 20 minutes Run/Walk	4 20 minutes Run/Walk	5 <b>Rest</b>	6 7am 3 miles – Half 5 miles – Full	7 <b>Rest</b>
<b>Week 3</b> 8 20 minutes Run/Walk	9 <b>Rest</b>	10 20 minutes Run/Walk	11 20 minutes Run/Walk	12 <b>Rest</b>	13 <b>SERVE DAY</b> 4 miles – Half 6 miles – Full	14 <b>Rest</b>
<b>Week 4</b> 15 25 minutes Run/Walk	16 <b>Rest</b>	17 25 minutes Run/Walk	18 25 minutes Run/Walk	19 <b>Rest</b>	20 7am 5 miles – Half 7 miles – Full	21 <b>Rest</b>
<b>Week 5</b> 22 25 minutes Run/Walk	23 <b>Rest</b>	24 25 minutes Run/Walk	25 25 minutes Run/Walk	26 <b>Rest</b>	27 7am Mock 10K (6.2 miles) Half & Full	28 <b>Rest</b>
<b>Week 6</b> 29 30 minutes Run/Walk	30 <b>Rest</b>	31 30 minutes Run/Walk				

# August 2019

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

# September 2019

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

# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 15</b> 40 minutes Run/Walk	1 Rest	2 40 minutes Run/Walk	3 40 minutes Run/Walk	4 Rest	5 7am 5 miles – Half 10 miles – Full	6 Rest
7 40 minutes Run/Walk	8 Rest	9 40 minutes Run/Walk	10 40 minutes Run/Walk	11 Expo Open 12-6pm (Bib Pick Up) <b>RED SHIRT DINNER</b> Full Night's Rest	12 Expo Open 10-4pm (Bib Pick Up) Gear Prep	13 <b>RACE DAY:</b> Long Beach Marathon
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			