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| June | 2019 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  |  |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | **Info Meeting**  14 | 15 | 16 |
|  |  |  |  | **6:30pm**  **Chapel – Building A** |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  |  |  |  |  |  |  |
| **Week 1** 24 | 25 | 26 | 27 | 28 | **7am** 29 | 30 |
| **20 minutes**  **Run/Walk** | **Rest** | **20 minutes**  **Run/Walk** | **20 minutes**  **Run/Walk** | **Rest** | **TRAINING BEGINS**  **3 miles – Half**  **5 miles – Full** | **Rest** |
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| July | 2019 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Week 2** 1 | 2 | 3 | 4 | 5 | **7am** 6 | 7 |
| **20 minutes**  **Run/Walk** | **Rest** | **20 minutes**  **Run/Walk** | **20 minutes**  **Run/Walk** | **Rest** | **3 miles – Half**  **5 miles – Full** | **Rest** |
| **Week 3** 8 | 9 | 10 | 11 | 12 | **SERVE DAY** 13 | 14 |
| **20 minutes**  **Run/Walk** | **Rest** | **20 minutes**  **Run/Walk** | **20 minutes**  **Run/Walk** | **Rest** | **4 miles – Half**  **6 miles – Full** | **Rest** |
| **Week 4** 15 | 16 | 17 | 18 | 19 | **7am** 20 | 21 |
| **25 minutes**  **Run/Walk** | **Rest** | **25 minutes**  **Run/Walk** | **25 minutes**  **Run/Walk** | **Rest** | **5 miles – Half**  **7 miles – Full** | **Rest** |
| **Week 5** 22 | 23 | 24 | 25 | 26 | **7am**  27 | 28 |
| **25 minutes**  **Run/Walk** | **Rest** | **25 minutes**  **Run/Walk** | **25 minutes**  **Run/Walk** | **Rest** | **Mock 10K**  **(6.2 miles)**  **Half & Full** | **Rest** |
| **Week 6** 29 | 30 | 31 |  |  |  |  |
| **30 minutes**  **Run/Walk** | **Rest** | **30 minutes**  **Run/Walk** |  |  |  |  |
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| August | 2019 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Week 6 (cont)** |  |  | 1 | 2 | **7am** 3 | 4 |
|  |  |  | **30 minutes**  **Run/Walk** | **Rest** | **6 miles – Half**  **8 miles – Full** | **Rest** |
| **Week 7** 5 | 6 | 7 | 8 | 9 | **OFF SITE** 10 | 11 |
| **35 minutes**  **Run/Walk** | **Rest** | **35 minutes**  **Run/Walk** | **35 minutes**  **Run/Walk** | **Rest** | **7am**  **7 miles – Half**  **9 miles – Full** | **Rest** |
| **Week 8** 12 | 13 | 14 | 15 | 16 | **7am** 17 | 18 |
| **40 minutes**  **Run/Walk** | **Rest** | **40 minutes**  **Run/Walk** | **40 minutes**  **Run/Walk** | **Rest** | **8 miles – Half**  **10 miles – Full** | **Rest** |
| **Week 9** 19 | 20 | 21 | 22 | 23 | **7am** 24 | 25 |
| **50 minutes**  **Run/Walk** | **Rest** | **50 minutes**  **Run/Walk** | **50 minutes**  **Run/Walk** | **Rest** | **6 miles – Half**  **12 miles – Full**  **Serve @ GH** | **Rest** |
| **Week 10** 26 | 27 | 28 | 29 | 30 | **TIME CHANGE**  31 |  |
| **50 minutes**  **Run/Walk** | **Rest** | **50 minutes**  **Run/Walk** | **50 minutes**  **Run/Walk** | **Rest** | **6am**  **7 miles – Half**  **14 miles – Full** | **Rest** |
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| September | 2019 |
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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Week 10 (cont.)** |  |  |  |  |  | **Rest** 1 |
|  |  |  |  |  |  |  |
| **Week 11** 2 | 3 | 4 | 5 | 6 | **6 am** 7 | 8 |
| **50 minutes**  **Run/Walk** | **Rest** | **50 minutes**  **Run/Walk** | **50 minutes**  **Run/Walk** | **Rest** | **8 miles – Half**  **16 miles – Full** | **Rest** |
| **Week 12** 9 | 10 | 11 | 12 | 13 | **6am**  14 | 15 |
| **50 minutes**  **Run/Walk** | **Rest** | **50 minutes**  **Run/Walk** | **50 minutes**  **Run/Walk** | **Rest** | **9 miles – Half**  **18 miles – Full** | **Rest** |
| **Week 13** 16 | 17 | 18 | 19 | 20 | **OFF SITE – 6am** 21 | 22 |
| **50 minutes**  **Run/Walk** | **Rest** | **50 minutes**  **Run/Walk** | **50 minutes**  **Run/Walk** | **Rest** | **10 miles – Half**  **20 miles – Full** | **Rest** |
| **Week 14** 23 | 24 | 25 | 26 | 27 | **TIME CHANGE 7am** 28 | 29 |
| **40 minutes**  **Run/Walk** | **Rest** | **40 minutes**  **Run/Walk** | **40 minutes**  **Run/Walk** | **Rest** | **FUN DAY & TEAM PHOTO**  **5 miles – Half**  **10 miles – Full** | **Rest** |
| **Week 15** 30 |  |  |  |  |  |  |
| **40 minutes**  **Run/Walk** |  |  |  |  |  |  |

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