|  |  |
| --- | --- |
| June  | 2019  |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| July  | 2019  |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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**  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| August  | 2019  |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| September  | 2019  |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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** |  |  |  |  |  |  |

|  |  |
| --- | --- |
| October  | 2019  |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 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 |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |