



# TRAINING SCHEDULE FOR: Long beach Half Marathon, October 11th 2026

| Week | Date  | Sat.<br>Miles | Sun.                                             | Mon.                                   | Tues.                            | Wed.                   | Thurs.              | Fri. |
|------|-------|---------------|--------------------------------------------------|----------------------------------------|----------------------------------|------------------------|---------------------|------|
| 1    | 7/18  | 4             | Trail<br>Run/Walk                                | Cross-train<br>45-60 min               | Strength<br>4 miles              | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 2    | 7/25  | 5             | Trail<br>Run/Walk                                | Cross-train<br>45-60 min               | Strength<br>4 miles              | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 3    | 8/1   | 6             | Trail<br>Run/Walk                                | Cross-train<br>45-60 min               | Strength<br>4 miles<br>(A) Hills | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 4    | 8/8   | 7             | Trail<br>Run/Walk                                | Cross-train<br>45-60 min               | Strength<br>4 miles<br>(A) Hills | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 5    | 8/15  | 8             | Trail<br>Run/Walk                                | Cross-train<br>45-60 min               | Strength<br>4 miles<br>(A) Hills | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 6    | 8/22  | 9             | Trail<br>Run/Walk                                | Cross-train<br>45-60 min               | Strength<br>4 miles<br>(A) Hills | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 7    | 8/29  | 10            | Trail<br>Run/Walk                                | Cross-train<br>45-60 min               | Strength<br>4 miles<br>(A) Hills | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 8    | 9/5   | 11            | Trail<br>Run/Walk                                | Cross-train<br>45-60 min<br>(A) Track  | Strength<br>4 miles              | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 9    | 9/12  | 12            | Trail<br>Run/Walk                                | Cross-train<br>45-60 min<br>(A) Track  | Strength<br>4 miles              | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 10   | 9/19  | 13            | Trail<br>Run/Walk                                | Cross-train<br>45-60 min<br>(A) Track  | Strength<br>4 miles              | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 11   | 9/26  | 12            | Trail<br>Run/Walk                                | Cross-train<br>45-60 min<br>(A) Track  | Strength<br>4 miles              | Yoga/Swim<br>45-60 min | Strength<br>4 miles | Rest |
| 12   | 10/3  | 6             | Trail<br>Run/Walk                                | Cross-train<br>30 min                  | Strength<br>3 miles              | Yoga/Swim<br>45-60 min | Rest                | Rest |
| 13   | 10/10 | Rest          | <b>Sunday<br/>January<br/>18, 13.1<br/>miles</b> | <b>Wear your<br/>medal all<br/>day</b> | 3 miles<br>max                   | Yoga/Swim              | Walk<br>30 min      | Rest |