



TRAINING PLAN

LA ROAD RUNNERS – MARATHON TRAINING

LEVEL 1: 5% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 9/18-9/24	30 MIN EASY	DAY OFF	35 MIN EASY	30 MIN EASY	30 MIN EASY	3 MILES EASY	30 MIN EASY + STRENGTH
Week 2 9/25-10/1	40 MIN EASY	DAY OFF	45 MIN EASY	40 MIN EASY	DAY OFF	4 MILES EASY	35 MIN EASY + STRENGTH
Week 3 10/2-10/8	40 MIN EASY	DAY OFF	45 MIN EASY	45 MIN EASY	DAY OFF	5 MILES EASY	35 MIN EASY + STRENGTH
Week 4 10/11-10/15	35 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	35 MIN EASY	DAY OFF	7 MILES EASY	35 MIN EASY + STRENGTH
Week 5 10/16-10/22 Taper Week	30 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN WALK X2 10 MIN EASY	DAY OFF	DAY OFF	5 MILES EASY	15 MIN EASY + STRENGTH
Week 6 10/23-10/29	10 MIN EASY 10 MIN MRP 20 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	40 MIN EASY	DAY OFF	8 MILES EASY	35 MIN EASY + STRENGTH


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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 7 10/30-11/5	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2:30 MIN T-PACE + 2:30 MIN HMRP X3 10 MIN EASY	40 MIN EASY	DAY OFF	9 MILES EASY	35 MIN EASY + STRENGTH
Week 8 11/6-11/12	20 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2:30 MIN T-PACE + 2:30 MIN HMRP X3 10 MIN EASY	42 MIN EASY	DAY OFF	10 MILES EASY	35 MIN EASY + STRENGTH
Week 9 11/13-11/19 Taper Week	10 MIN EASY 10 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 15 MIN EASY	30 MIN EASY	DAY OFF	5 MILES EASY	STRENGTH
Week 10 11/20-11/26	20 MIN EASY 25 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN I-PACE + 2 MIN HMRP X3 10 MIN EASY	45 MIN EASY	DAY OFF	11 MILES EASY	35 MIN EASY + STRENGTH
Week 11 11/27-12/3	20 MIN EASY 25 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X3 10 MIN EASY	50 MIN EASY	DAY OFF	13 MILES EASY	35 MIN EASY + STRENGTH
Week 12 12/4-12/10	20 MIN EASY 30 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE + 2 MIN HMRP X3 5 MIN EASY	55 MIN EASY	DAY OFF	14 MILES EASY	35 MIN EASY + STRENGTH
Week 13 12/11-12/17 Taper Week	15 MIN EASY 15 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE + 2 MIN HMRP X2 5 MIN EASY	35 MIN EASY	DAY OFF	7 MILES EASY	STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 14 12/18-12/24	20 MIN EASY 15 MIN MRP 15 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 2 MIN HMRP X3 10 MIN EASY	1 HOUR EASY	DAY OFF	15 MILES EASY	15 MIN EASY 40 MIN MRP + STRENGTH
Week 15 12/25-12/31	20 MIN EASY 20 MIN MRP 15 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 2 MIN HMRP X4 5 MIN EASY	1:02 EASY	DAY OFF	16 MILES EASY	10 MIN EASY 40 MIN MRP + STRENGTH
Week 16 1/1-1/7	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 2 MIN HMRP X3 5 MIN EASY	1:05 EASY	DAY OFF	17 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
Week 17 1/8-1/14 Taper Week	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
Week 18 1/15-1/21 Race Week	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE 10 MIN EASY	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 RACE DAY HAVE FUN!
Week 19 1/22-1/28	10 MIN EASY 10 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	30 MIN EASY + STRENGTH	DAY OFF	9 MILES EASY	DAY OFF
Week 20 1/29-2/4	20 MIN EASY 30 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 7 MIN T-PACE + 2 MIN HMRP X3 15 MIN EASY	1 HOUR EASY + STRENGTH	DAY OFF	18 MILES EASY	15 MIN EASY 40 MIN MRP

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 21 2/5-2/11 Taper Week	10 MIN EASY 10 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	45 MIN EASY + STRENGTH	DAY OFF	9 MILES EASY	DAY OFF
Week 22 2/12-2/18	20 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 7 MIN T-PACE + 2 MIN HMRP X3 15 MIN EASY	1 HOUR EASY + STRENGTH	DAY OFF	19 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
Week 23 2/19-2/25	20 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 10 MIN T-PACE + 3 MIN EASY X3 15 MIN EASY	1 HOUR EASY	DAY OFF	20 MILES EASY	15 MIN EASY 45 MIN MRP + STRENGTH
Week 24 2/26-3/3 Taper Week	15 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MILES EASY	5 MIN EASY 30 MIN MRP + STRENGTH
Week 25 3/4-3/10 Taper Week	15 MIN EASY 15 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 30 MIN MRP
Week 26 3/11-3/17 Race Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 5 MIN T-PACE 10 MIN EASY	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 <p>LOS ANGELES MARATHON PRESENTED BY asics RACE DAY HAVE FUN!</p>

CONGRATULATIONS!

ABOUT THE TRAINING PLANS

Congratulations! You've decided to train for the Los Angeles Marathon presented by ASICS on March 17, 2024.

Completing 26.2 miles at any pace is a challenging and amazing goal and everyone can benefit from a training plan that **focuses on endurance, builds mileage and speed consistently, and incorporates plenty of recovery.**

LA Road Runner Coach David Levine has developed five training schedules for beginners through advanced runners, walkers, and run/walkers. Here is how to choose the best plan for you and understand the workout terms.

CHOOSING A TRAINING SCHEDULE

Pick a plan based on where you are NOW, not where you feel you *should* be. Starting out too hard can lead to injury and will limit your endurance. You can switch schedules if you find it is too much - or too little - for your fitness.

Levels are based on total weekly mileage, time spent working out, and intensity (% of mileage that is considered speed work).

LEVEL 1: Speed work is 5% of weekly mileage. You are a beginner, walker, run/walker or returning from an injury. Focus is on completing, not competing in the marathon.

LEVEL 2: Speed work is 10% of weekly mileage. You are an advanced beginner who is not new to running. You would like to add a little more speed work.

LEVEL 3: Speed work is 15% of weekly mileage. You've have completed other races and like being more competitive. You have a goal of a PR and want to add more speed work.

LEVEL 4: Speed work is 20% of weekly mileage. You are an experienced runner who does multiple races a year. You have goals for a PR or a qualifying time. You want to be more competitive.

LEVEL 5: Mileage and total time spent working out is higher. Speed work is 15% of weekly mileage. You are a competitive runner who wants to rank high in your age group. You are racing the marathon and aiming for a PR.

UNDERSTANDING PACES

To find your training pace goals, use a recent race result or complete a mile as fast as possible. Plug that time and distance into a running pace calculator.

EASY: Slow enough that you can hold a conversation with a friend. 6/10 running effort. Heart Rate Zone 2.

MRP / MARATHON RACE PACE: Pace you expect to run 26.2 miles on race day. Heart Rate Zone 3.

HMRP / HALF MARATHON RACE PACE: Pace you expect to run 13.1 miles on race day. High end of Heart Rate Zone 3.

T-PACE / THRESHOLD: Anaerobic Threshold pace. Between your 5K and 10K pace. Fast enough that holding a conversation is difficult. Comfortably uncomfortable. 8/10 running effort. Low end of Heart Rate Zone 4.

I-PACE / INTERVAL: Fast 800 meters (1/2 mile) to 1,600 meters (1 mile). High end of Heart Rate Zone 4.

R-PACE / REPETITION: Fast 200 meters to 800 meters. Just below sprinting. Heart Rate Zone 5.