



# TRAINING PLAN

## LA ROAD RUNNERS – MARATHON TRAINING

### LEVEL 5: 15% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> 9/18-9/24	40 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X2</b> 5 MIN T-PACE 10 MIN EASY	40 MIN EASY	10 MIN EASY 7 MIN T-PACE 5 MIN EASY 5 MIN T-PACE 5 MIN EASY	6 MILES EASY	10 MIN EASY 5 MIN T-PACE 10 MIN EASY + STRENGTH
<b>Week 2</b> 9/25-10/1	15 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG <b>X3</b> 5 MIN T-PACE 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X2</b> 10 MIN T-PACE 10 MIN EASY	50 MIN EASY	DAY OFF	7 MILES EASY	50 MIN EASY + STRENGTH
<b>Week 3</b> 10/2-10/8	15 MIN EASY 5 MIN T-PACE 2 MIN HMRP <b>X2</b> 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X3</b> 5 MIN T-PACE 10 MIN EASY	50 MIN EASY	DAY OFF	8 MILES EASY	1 HOUR EASY + STRENGTH
<b>Week 4</b> 10/11-10/15	10 MIN EASY 5 MIN T-PACE 2 MIN HMRP <b>X2</b> 4 MIN T-PACE 2 MIN HMRP 10 MIN EASY	DAY OFF	10 MIN EASY 4 MIN T-PACE + 2 MIN HMRP <b>X3</b> 10 MIN EASY	50 MIN EASY + STRENGTH	DAY OFF	9 MILES EASY	40 MIN EASY 35 MIN MRP 10 MIN EASY
<b>Week 5</b> 10/16-10/22 Taper Week	30 MIN EASY + STRENGTH	DAY OFF	5 MIN EASY 5 MIN T-PACE + 3 MIN HMRP <b>X2</b> 5 MIN EASY	DAY OFF	30 MIN EASY + STRENGTH	6 MILES EASY	DAY OFF + STRENGTH
<b>Week 6</b> 10/23-10/29	15 MIN EASY 4 MIN T-PACE 2 MIN HMRP <b>X3</b> 10 MIN EASY	DAY OFF	15 MIN EASY 4 MIN T-PACE + 2 MIN HMRP <b>X3</b> 5 MIN T-PACE 10 MIN EASY	50 MIN EASY + STRENGTH	DAY OFF	10 MILES EASY	40 MIN EASY 35 MIN MRP 10 MIN EASY

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	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 7</b> 10/30-11/5	15 MIN EASY 5 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP <b>X3</b> 10 MIN T-PACE 10 MIN EASY	55 MIN EASY + STRENGTH	DAY OFF	11 MILES EASY	40 MIN EASY 35 MIN MRP 10 MIN EASY
<b>Week 8</b> 11/6-11/12	15 MIN EASY 10 MIN T-PACE 4 MIN HMRP 5 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP <b>X3</b> 10 MIN T-PACE 5 MIN EASY	55 MIN EASY + STRENGTH	DAY OFF	12 MILES EASY	35 MIN EASY 40 MIN MRP 15 MIN EASY
<b>Week 9</b> 11/13-11/19 Taper Week	5 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG <b>X3</b> 5 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 4 MIN I-PACE + 2 MIN HMRP <b>X3</b> 5 MIN EASY	30 MIN EASY + STRENGTH	DAY OFF	6 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH
<b>Week 10</b> 11/20-11/26	15 MIN EASY 10 MIN T-PACE 5 MIN HMRP 10 MIN T-PACE 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN I-PACE + 3 MIN HMRP <b>X4</b> 5 MIN EASY	1 HOUR EASY	DAY OFF	13 MILES EASY	35 MIN EASY 40 MIN MRP 15 MIN EASY
<b>Week 11</b> 11/27-12/3	20 MIN EASY 10 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 15 MIN EASY	DAY OFF	15 MIN EASY 6 MIN T-PACE + 4 MIN HMRP <b>X3</b> 10 MIN EASY	1:05 EASY	DAY OFF	14 MILES EASY	40 MIN EASY 35 MIN MRP 15 MIN EASY
<b>Week 12</b> 12/4-12/10	20 MIN EASY 10 MIN T-PACE 10 MIN EASY 5 MIN T-PACE 10 MIN EASY	DAY OFF	15 MIN EASY 6 MIN T-PACE + 4 MIN HMRP <b>X4</b> 15 MIN EASY	1:10 EASY + STRENGTH	DAY OFF	15 MILES EASY	40 MIN EASY 35 MIN MRP 15 MIN EASY
<b>Week 13</b> 12/11-12/17 Taper Week	5 MIN EASY 3 MIN R-PACE + 2 MIN WALK/JOG <b>X3</b> 15 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN I-PACE + 2 MIN HMRP <b>X3</b> 5 MIN EASY	35 MIN EASY	DAY OFF	9 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 14</b> 12/18-12/24	20 MIN EASY 3 MIN R-PACE + 2 MIN WALK/JOG <b>X4</b> 10 MIN T-PACE 15 MIN EASY	DAY OFF	15 MIN EASY 6 MIN T-PACE + 3 MIN HMRP <b>X4</b> 15 MIN EASY	1:15 EASY + STRENGTH	DAY OFF	16 MILES EASY	40 MIN EASY 40 MIN MRP 15 MIN EASY
<b>Week 15</b> 12/25-12/31	20 MIN EASY 3 MIN R-PACE + 2 MIN WALK/JOG <b>X4</b> 5 MIN T-PACE 20 MIN EASY	DAY OFF	15 MIN EASY 7 MIN T-PACE + 3 MIN HMRP <b>X4</b> 15 MIN EASY	1:20 EASY + STRENGTH	DAY OFF	17 MILES EASY	40 MIN EASY 40 MIN MRP 20 MIN EASY
<b>Week 16</b> 1/1-1/7	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG <b>X6</b> 15 MIN T-PACE 20 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 7 MIN T-PACE + 2 MIN HMRP <b>X4</b> 15 MIN EASY	1:10 EASY + STRENGTH	DAY OFF	19 MILES EASY	35 MIN EASY 40 MIN MRP 20 MIN EASY
<b>Week 17</b> 1/8-1/14 Taper Week	5 MIN EASY 20 MIN MRP 10 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 2 MILE <b>TIME TRIAL</b> 5 MIN EASY 4 X 50M <b>STRIDERS</b>	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	8 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 18</b> 1/15-1/21 Race Week	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY 4 X 50M <b>STRIDERS</b>	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 <p><b>RACE DAY HAVE FUN!</b></p>
<b>Week 19</b> 1/22-1/28	DAY OFF	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG <b>X5</b> 15 MIN T-PACE 20 MIN MRP 10 MIN EASY	1 HOUR EASY + STRENGTH	15 MIN EASY 7 MIN T-PACE + 2 MIN HMRP <b>X4</b> 15 MIN EASY	DAY OFF	11 MILES EASY	
<b>Week 20</b> 1/29-2/4	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG <b>X6</b> 15 MIN T-PACE 25 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 9 MIN T-PACE + 2 MIN HMRP <b>X4</b> 10 MIN MRP 10 MIN EASY	1:15 EASY + STRENGTH	DAY OFF	19 MILES EASY	35 MIN EASY 45 MIN MRP 20 MIN EASY

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 21</b> 2/5-2/11 Taper Week	5 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 9 MIN T-PACE + 2 MIN HMRP <b>X4</b> 5 MIN EASY	40 MIN EASY	DAY OFF	11 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 22</b> 2/12-2/18	15 MIN EASY 2 MIN R-PACE +2 MIN WALK/JOG <b>X6</b> 10 MIN T-PACE 30 MIN MRP 15 MIN EASY	DAY OFF	15 MIN EASY 10 MIN T-PACE + 2 MIN HMRP <b>X4</b> 15 MIN EASY	1:15 EASY + STRENGTH	DAY OFF	20 MILES EASY	30 MIN EASY 45 MIN MRP 15 MIN EASY
<b>Week 23</b> 2/19-2/25	15 MIN EASY 2 MIN R-PACE +2 MIN WALK/JOG <b>X6</b> 10 MIN T-PACE 30 MIN MRP 15 MIN EASY	DAY OFF	15 MIN EASY 20 MIN T-PACE + 4 MIN HMRP <b>X2</b> 15 MIN EASY	1:20 EASY + STRENGTH	DAY OFF	20 MILES EASY	30 MIN EASY 50 MIN MRP 45 MIN EASY
<b>Week 24</b> 2/26-3/3 Taper Week	5 MIN EASY 30 MIN MRP 5 MIN EASY 10 MIN T-PACE 5 MIN EASY 10 MIN T-PACE	DAY OFF	5 MIN EASY 40 MIN T-PACE 5 MIN EASY <b>4 X 50M</b> STRIDERS	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MILES EASY	20 MIN EASY 30 MIN MRP
<b>Week 25</b> 3/4-3/10 Taper Week	5 MIN EASY 15 MIN MRP 5 MIN EASY 20 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY <b>2 MILE</b> <b>TIME TRIAL</b> 5 MIN EASY <b>4 X 50M</b> STRIDERS	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	20 MIN EASY 30 MIN MRP
<b>Week 26</b> 3/11-3/17 Race Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY <b>4 X 50M</b> STRIDERS	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	

# 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.