



LOS ANGELES MARATHON 2021 – November 7th

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	5/8	4	Walk 30 Min	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	5/15	5	Walk 30 Min	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	5/22	6	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	5/29	7	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	6/5	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	6/12	9	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	6/19	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	6/26	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	7/3	12	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	7/10	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	7/17	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	7/24	14	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
13	7/31	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
14	8/7	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
15	8/14	16	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
16	8/21	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
17	8/28	11	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
18	9/4	18	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
19	9/11	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
20	9/18	11	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
21	9/25	20	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST

22	10/2	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
23	10/9	12	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
24	10/16	22	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
25	10/23	10	Trail Run/Hike	Easy 3 miles	Cross-train 45-60 min	Easy 3 miles	Cross-train 45-60 min	REST
26	10/30	8	Trail Run/Hike	Easy 3 miles	REST	Easy 3 miles	REST	REST
27	11/6	REST on Sat. Run 26.2 miles Sun. Nov. 7th	RACE DAY	Walk 3 miles Medal Monday	REST	Walk 4 miles	Swim	REST
28	11/13	3-4 /Take it slow	REST	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				

Cross-training = Swim, bike, stretch, walk, yoga, elliptical, etc.