LA Marathon 2027 - March 7, 2027

Welcome to the Azusa Pacers LA Marathon Training!

We start our training with eight (8) weeks of base building. We will be gradually increasing our miles and staying at an EASY PACE (EP). Strides will be incorporated in Week 5 of the base building.

EASY PACE - Also known as Conversation Pace: Aerobic Training Zone. Easy pace is where you can talk while running. EP is also calculated as 1-2 min slower than goal Marathon Pace (MP). EP benefits include learning to efficiently use oxygen, strengthens muscles, adapts tendons, ligaments and joints to the stress of more miles, and promotes an efficient running form.

STRIDES - These are short bursts (20-30 sec) of speed followed by a recovery period (90 sec). 2-4 repetitions to be done during the last mile of an easy run.

Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	9/26	4 miles	Rest or XTraining	3 miles EP	Rest or XTraining	3 miles EP	3 miles EP	Rest or XTraining
2	10/3	5 miles	Rest or XTraining	3 miles EP	Rest or XTraining	3 miles EP	3 miles EP	Rest or XTraining
3	10/10	6 miles	Rest or XTraining	3 miles EP	Rest or XTraining	4 miles EP	3 miles EP	Rest or XTraining
4	10/17	7 miles	Rest or XTraining	3 miles EP	Rest or XTraining	4 miles EP	3 miles EP	Rest or XTraining
5	10/24	8 miles	Rest or XTraining	3 miles EP+Strides	Rest or XTraining	5 miles EP	3 miles EP	Rest or XTraining
6	10/31	9 miles	Rest or XTraining	3 miles EP+Strides	Rest or XTraining	5 miles EP	4 miles EP	Rest or XTraining
7	11/7	10 miles	Rest or XTraining	3 miles EP+Strides	Rest or XTraining	5 miles EP	4 miles EP+Strides	Rest or XTraining
8	11/14	8 miles	Rest or XTraining	3 miles EP+Strides	Rest or XTraining	5 miles EP	4 miles EP+Strides	Rest or XTraining

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If your marathon goal is to “JUST FINISH”, follow the assigned miles and continue with EP for the remaining weeks.

In the next phase of marathon training we incorporate Interval and Tempo workouts. These workout runs will help improve how your body utilizes oxygen, promotes a more efficient running form, and teaches patience during physical discomfort. When doing these workouts it's recommended to include 1-2 mile Warm Up (WU) and Cool Down (CD).

INTERVAL Tuesdays - Fast segments at 80% of max effort. How to do “2 x 800m (400RI)” interval workout: After a warm up, perform 800 meters at the recommended Interval Pace and follow this with a 400 meters Recovery Interval (RI). A recovery interval is a slow jog or walk. Repeat this cycle two (2) times. Follow the workout with a cool down.

TEMPO Thursdays - Sustained run for a specific distance at an even pace. How to do “2 mi TP” tempo workout: after a warm up, complete 2 miles continuously at TP. Finish with a cool down.

LONG RUN - Look to complete the long run with a “FAST FINISH.” Practice starting your long runs slower to help conserve energy. Gradually increase your pace as you progress through the miles. This is a good strategy to practice for race day.

Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9	11/21	10 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 4 x 800m (400RI) 1.5 CD	3 miles EP	4 miles: 1 WU 2 mi TP 1 CD	Rest or XTraining
10	11/28	12 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 3 x 1000m (400RI) 1.5 CD	3 miles EP	4 miles: 1 WU 2 mi TP 1 CD	Rest or XTraining
11	12/5	10 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 3 x 1200m (400RI) 1 CD	3 miles EP	5 miles: 1 WU 3 mi TP 1 CD	Rest or XTraining
12	12/12	12 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 5 x 800m (400RI) 1 CD	3 miles EP	6 miles: 1 WU 4 mi TP 1 CD	Rest or XTraining

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Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
13	12/19	13 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 4 x 1000m (400 RI) 1 CD	5 miles EP	6 miles: 1 WU 4 mi TP 1 CD	Rest or XTraining
14	12/26	14 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 4 x 1200m (400RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
15	1/2	12 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 6 x 800m (400RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
16	1/9	15 miles	Rest or XTraining	3 miles EP+Strides	5 miles: 1 WU 5 x 1000m (400 RI) 1 CD	5 miles EP	8 miles: 1 WU 6 mi TP 1 CD	Rest or XTraining
17	1/16	16 miles **3 miles if Rose Bowl Half**	Rest or XTraining **Rose Bowl Half**	3 miles EP+Strides	6 miles: 1 WU 4 x 1200m (400RI) 1 CD	5 miles EP	8 miles: 1 WU 6 mi TP 1 CD	Rest or XTraining
18	1/23	12 miles	Rest or XTraining	3 miles EP+Strides	7 miles: 1 WU 7 x 800m (400RI) 1 CD	5 miles EP	10 miles: 1 WU 8 mi TP 1 CD	Rest or XTraining
19	1/30	18 miles	Rest or XTraining	3 miles EP+Strides	5 miles: 1 WU 5 x 1000m (400 RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
20	2/6	13 miles	Rest or XTraining	3 miles EP+Strides	7 miles: 1 WU 10x400m (400RI) 1 CD	5 miles EP	10 miles: 1 WU 8 mi TP 1 CD	Rest or XTraining

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Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
21	2/13	20 miles	Rest or XTraining	3 miles EP+Strides	8 miles: 1 WU 8x800m (400RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
22	2/20	13 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 5x1000m (400RI) 1 CD	3 miles EP	5 miles: 1 WU 3 mi TP 1 CD	Rest or XTraining
23	2/27	8 miles	Rest or XTraining	3 miles EP+Strides	5 miles: 1 WU 6x400m (400RI) 1 CD	3 miles EP	5 miles: 1 WU 3 mi TP 1 CD	Rest or XTraining
24	3/6	3 miles / Rest	**3/7 LAM**	Rest or XTraining	Rest or XTraining	Rest or XTraining	Rest or XTraining	Rest or XTraining

CROSS TRAINING (XTraining) = Walking, Cycling, Swimming, or doing something besides running. Keep a moderate effort and keep them shorter than an hour.

TIME GOAL - For a specific time goal see the Interval Pace (IP) and Tempo Pace (TP) chart:

Pace Chart							
GOAL	4:00	4:15	4:30	4:45	5:00	5:15	5:30
Marathon Pace	9:09	9:44	10:18	10:52	11:27	12:01	12:36
Interval Pace	8:00-8:20	8:30-8:50	9:05-9:25	9:35-10:00	10:00-10:30	10:10-10:40	10:15-10:45
Tempo Pace	8:40-9:05	9:15-9:40	9:50-10:15	10:20-10:45	11:00-11:25	11:30-11:55	12:05-12:30
Long Run Pace	9:45-10:15	10:15-10:45	10:45-11:15	11:15-11:45	12:00-12:30	12:30-13:00	13:00-13:30

If you have a time goal that is not listed, reach out for custom training paces.

Enjoy the Miles!
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