



## TRAINING SCHEDULE FOR: Modified - 1/15/25 2025 Los Angeles Marathon - March 16th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/14	4	Walk 30 min	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
2	9/21	5	Walk 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
3	9/28	6	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
4	10/05	7	Run 30 mins <b>LB Half</b>	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
5	10/12	8	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
6	10/19	9	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	
7	10/26	10	Run 30 mins	Cross-Train 40 min	Run 50 min	Cross-Train 40 min	Run 50 min	Rest
8	11/02	8	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
9	11/09	12	Run 30 mins	Cross-Train 50 min	Run 50 min or DLC Speed Session	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
10	11/16	10 <b>Spider route or Revel Big Bear</b>	Run 30 mins	Cross-Train 50 min	Run 40 min or DLC Speed Session	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
11	11/23	10	Run 30 mins	Cross-Train 50 min	Run 60 min or DLC Speed Session	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
12	11/30	14	Walk 30 mins	Cross-Train 50 min	Run 40 min or DLC Speed Session	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
13	12/07	10 <b>Spider route</b>	Run 30 mins	Cross-Train 50 min	Run 60 min or DLC Speed Session	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
14	12/14	10	Run 30 mins	Cross-Train 50 min	Run 40 min or DLC Speed Session	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
15	12/21	16	Walk 30 mins	Cross- Train 50 min	Run 40 min or DLC Speed Session	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
16	12/28	10 <b>Spider route</b>	Run 30 min	Cross- Train 50 min	Run 60 min or DLC Speed Session	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
17	1/04	11	Run 30 mins	Cross- Train 50 min	Run 40 min or DLC Speed Session	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
18	1/11	18	Walk 30 mins	Cross- Train 50 min	Run 40 mins or DLC Speed Session	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
19	1/18	10	Run 30 mins	Cross- Train 50 min	Run 60 min or DLC Speed Session	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
20	1/25	11	Run 30 mins	Cross- Train 50 min	Run 40 min or DLC Speed Session	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
21	2/01	18 (down from 20) 7 if doing Surf City	Walk 30 min/ <b>Surf City Half</b>	Cross- Train 50 min	Run 40 min or DLC Speed Session	Cross- Train 50 min	Run 40 min easy pace	Rest
22	2/08	10	Run 30 mins	Cross- Train 50 min	Run 60 min or DLC Speed Session	Cross- Train 50 min	Run 60 min easy pace	Rest
23	2/15	12	Run 30 mins	Cross- Train 50 min	Run 40 min or DLC Speed Session	Cross- Train 50 min	Run 50 min easy pace	Rest
24	2/22	20 (down from 22)	Walk 30 mins	Cross- Train 50 min	Run 50 min or DLC Speed Session	Cross- Train 50 min	Run 50 min easy pace	Rest
25	3/01	10	Run 20 mins	Cross- Train 30 min	Run 30 mins or DLC Speed Session	Rest	Run 30 mins easy pace	Rest
26	3/08	8	Run 10 mins	Rest	Run 30 mins easy pace	Rest	Run 30 mins easy pace	Rest
27	3/15	Rest on Sat	<b>LAM 26.2 March 16th</b>	<b>Wear your medal all day</b>	REST	Walk 20 minutes	Swim	Rest
28	3/22	After your marathon, take the next three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!						
		<b>*TUESDAY SPEED SESSIONS - 6 PM AT ROSE BOWL AQUATIC CENTER. WORKOUTS WILL BE POSTED FOR THOSE WHO CANNOT ATTEND. BEGINS WEEK 9 ON TUESDAY 11/12</b>						



## SPEED TRAINING SCHEDULE FOR: 2025 Los Angeles Marathon - March 16th

	<b>TUESDAY 6PM RBAC</b>	<b>Every speed session includes 15 mins warm up before the workout and 15 mins cool down after the workout</b>
1	9/17	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
2	9/24	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
3	10/01	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
4	10/08	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
5	10/15	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
6	10/22	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
7	10/29	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
8	11/05	<b>NO SPEED SESSION TODAY - BEGINS 11/12</b>
9	11/12	8x2 minutes @ 5k pace, 2 minutes jog
10	11/19	2x3k tempo run @ 10k pace, 3 minute standing rest between reps
11	11/26	6-8x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
12	12/03	8-12x400m repeats @ 2 mile race pace, 1 minute standing rest between reps
13	12/10	3-5x1 mile repeat @ 10k pace, 2 minutes standing rest between reps
14	12/17	6-10x600m repeats @ 2 mile race pace, 2 minutes standing rest between reps
15	12/24	<b>HOLIDAY - NO OFFICIAL MEETUP THIS WEEK. COMPLETE WORKOUT ON YOUR OWN OR MEET ON THURSDAY, 12/26 AT 6PM AT ROSE BOWL AQUATICS CENTER</b> 4-6 mile tempo run @ half marathon pace
16	12/31	<b>HOLIDAY - NO OFFICIAL MEETUP THIS WEEK. COMPLETE WORKOUT ON YOUR OWN OR MEET ON THURSDAY, 1/02 AT 6PM AT ROSE BOWL AQUATICS CENTER</b> 10-16x400m repeats @ 2 mile race pace, 1 minute standing rest between reps
17	1/07	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
18	1/14	3-6x1 mile repeats @ 10k pace, 2 minutes standing rest between reps
19	1/21	4-6 mile tempo run @ half marathon pace
20	1/28	10-16x400m repeats @ 2 mile race pace, 1 minutes standing rest between reps
21	2/04	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
22	2/11	4-6x1 mile repeats @ 10k pace, 2 minutes standing rest between reps
23	2/18	4-6 mile tempo run @ half marathon pace
24	2/25	12x200m repeats @ 1 mile race pace, 1 minutes standing rest between reps
25	3/04	1x1k @ 5k, 3 min rest, 1x800 @ 2 mile pace, 2 min rest, 1x600m @ 1.5 mile pace, 1 min rest, 1x400 @ 1 mile pace, 30 sec rest, 1x200 @ faster than 1 mile
26	3/11	<b>NO SPEED SESSION TODAY. RUN 30 MINS EASY</b>

Questions?

Email Coach De La Cruz:

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## SPEED TRAINING PACE\* CHART FOR: 2025 Los Angeles Marathon - March 16th

MARATHON	HALF PACE	10K PACE	5K PACE	2 MILE PACE	1 MILE PACE
6:00	5:44	5:28	5:16	5:05	4:45
7:00	6:42	6:23	6:10	5:59	5:36
8:00	7:42	7:20	7:04	6:53	6:27
9:00	8:42	8:17	7:59	7:47	7:20
10:00	9:42	9:14	8:54	8:41	8:14
11:00	10:42	10:12	9:49	9:36	9:08
11:30	11:12	10:41	10:17	10:03	9:35
12:00	11:42	11:10	10:44	10:31	10:02
13:00	12:41	12:09	11:40	11:26	10:57
14:00	13:40	13:07	12:36	12:21	11:52

\*paces are estimates

Questions?

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