

TRAINING SCHEDULE FOR:

2026 Los Angeles Marathon - March 8th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/13	4	Walk 30 min	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	9/20	5	Walk 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	9/27	6	Run 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	10/04	7	Run 30 mins LB Half	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	10/11	8	Run 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	10/18	10	Run 30 mins	Cross- Train 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
7	10/25	8	Run 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
8	11/01	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
9	11/08	10 Snake route or Revel Big Bear	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
10	11/15	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
11	11/22	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
12	11/29	10 Spider route	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
13	12/06	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
14	12/13	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

15	12/20	10						Fri
		10	Run	Cross-	Run	Cross-	Run	Rest
		Spider	30 min	Train	60 min or DLC	Train	40 mins then	
		route		50 min	Speed Session	50 min	6x200m hill repeats	
16	12/27	11	Run	Cross-	Run	Cross-	Run	Rest
			30 mins	Train	40 min or DLC	Train	40 mins then	
				50 min	Speed Session	50 min	6x200m hill repeats	
17	1/03	18	Walk	Cross-	Run	Cross-	Run	Rest
			30 mins	Train	40 mins or DLC	Train	40 mins then	
\longrightarrow				50 min	Speed Session	50 min	6x200m hill repeats	
18	1/10	10	Run	Cross-	Run	Cross-	Run	Rest
		Spider	30 mins	Train	60 min or DLC	Train	40 mins then	
		route		50 min	Speed Session	50 min	6x200m hill repeats	
19	1/17	11	Run	Cross-	Run	Cross-	Run	Rest
		4 if doing	30 mins	Train	40 min or DLC	Train	40 mins then	
		RB HALF	ROSE	50 min	Speed Session	50 min	6x200m hill repeats	
			BOWL HALF					
20	1/24	20	Walk	Cross-	Run	Cross-	Run	Rest
	,		30 min	Train	40 min or DLC	Train	40 min	
				50 min	Speed Session	50 min	easy pace	
21	1/31	10	Run	Cross-	Run	Cross-	Run	Rest
	•		30 mins	Train	60 min or DLC	Train	60 min	
			Surf City	50 min	Speed Session	50 min	easy pace	
			Half		_			
22	2/07	12	Run	Cross-	Run	Cross-	Run	Rest
			30 mins	Train	40 min or DLC	Train	50 min	
				50 min	Speed Session	50 min	easy pace	
23	2/14	22	Walk	Cross-	Run	Cross-	Run	Rest
			30 mins	Train	50 min or DLC	Train	50 min	
\longrightarrow				50 min	Speed Session	50 min	easy pace	<u> </u>
24	2/21	10	Run	Cross-	Run	Rest	Run	Rest
			20 mins	Train	30 mins or DLC		30 mins	
			-	30 min	Speed Session		easy pace	ļ
25	2/28	8	Run	Rest	Run	Rest	Run	Rest
			10 mins		30 mins		30 mins	
26	2/27	D 4	TANT	**/	easy pace	337 11	easy pace	 D
26	3/07	Rest on	LAM	Wear	REST	Walk 20	Swim	Rest
		Sat	26.2 March	your medal				
			Niaren 8th	all day		minutes		
27	3/14		narathon, tak	e the next t	hree weeks of really	y slow runr	ning before resuming train	ning.
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							C CENTER. WORKOUT INS WEEK 9 ON TUESD	
		11/12	JOILD FOR	THOSE W	no emmorali	E. (D. DEG	Ins week) on ruesp	



SPEED TRAINING SCHEDULE FOR:

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	TUESDAY	Every speed session includes 15 mins warm up before the workout and 15					
	6PM RBAC	mins cool down after the workout					
1	9/16	NO SPEED SESSION TODAY - BEGINS 11/11					
2	9/23	NO SPEED SESSION TODAY - BEGINS 11/11					
3	9/30	NO SPEED SESSION TODAY - BEGINS 11/11					
4	10/07	NO SPEED SESSION TODAY - BEGINS 11/11					
5	10/14	NO SPEED SESSION TODAY - BEGINS 11/11					
6	10/21	NO SPEED SESSION TODAY - BEGINS 11/11					
7	10/28	NO SPEED SESSION TODAY - BEGINS 11/11					
8	11/04	NO SPEED SESSION TODAY - BEGINS 11/11					
9	11/11	8x2 minutes @ 5k pace, 2 minutes jog					
10	11/18	2x3k tempo run @ 10k pace, 3 minute standing rest between reps					
11	11/25	6-8x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps					
12	12/02	8-12x400m repeats @ 2 mile race pace, 1 minute standing rest between reps					
13	12/09	3-5x1 mile repeat @ 10k pace, 2 minutes standing rest between reps					
14	12/16	4-6 mile tempo run @ half marathon pace					
15	12/23	10-16x400m repeats @ 2 mile race pace, 1 minute standing rest between reps					
16	12/30	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps					
17	1/06	3-6x1 mile repeats @ 10k pace, 2 minutes standing rest between reps					
18	1/13	4-6 mile tempo run @ half marathon pace					
19	1/20	10-16x400m repeats @ 2 mile race pace, 1 minutes standing rest between reps					
20	1/27	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps					
21	2/03	4-6x1 mile repeats @ 10k pace, 2 minutes standing rest between reps					
22	2/10	4-6 mile tempo run @ half marathon pace					
23	2/17	12x200m repeats @ 1 mile race pace, 1 minutes standing rest between reps					
24	2/24	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					
25	3/03	NO SPEED SESSION TODAY. RUN 30 MINS EASY					

Questions?
Email Coach De La Cruz:
DoctorDeLaCruzDC@Gmail.com



SPEED TRAINING PACE* CHART FOR:

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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? Email Coach De La Cruz: DoctorDeLaCruzDC@Gmail.com