



TRAINING SCHEDULE FOR: 2027 Los Angeles Marathon - March 7th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/12	4	Walk 30 min or Santa Monica Classic 10k	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
2	9/19	5	Walk 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
3	9/26	6	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
4	10/03	7	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
5	10/10	8	Run 30 mins LB Half	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
6	10/17	10	Run 30 mins	Cross-Train 40 min	Run 50 min	Cross-Train 40 min	Run 50 min	Rest
7	10/24	8	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
8	10/31	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	11/07	10 Spider 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	11/14	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	11/21	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	11/28	10 Snake 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	12/05	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	12/12	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

[illegible]



SPEED TRAINING SCHEDULE FOR: 2027 Los Angeles Marathon - March 7th

	WEDNESDAY 6PM RBAC	Every speed session includes 15 mins warm up before the workout and 15 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:

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SPEED TRAINING PACE* CHART FOR: 2027 Los Angeles Marathon - March 7th

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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