



TRAINING SCHEDULE FOR: 2026 Los Angeles Marathon - March 8th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/6	3	Walk 30 min	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	9/13	4	Walk 30 min	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	9/20	5	Walk 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	9/27	6	Run 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	10/04	7	Run 30 mins LB Half	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	10/11	8	Run 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
7	10/18	10	Run 30 mins	Cross- Train 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
8	10/25	8	Run 30 mins	Cross- Train 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
9	11/01	12	Run 30 mins	Cross- Train 50 min	Run 50 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
10	11/08	10	Run 30 mins	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
11	11/15	10	Run 30 mins	Cross- Train 50 min	Run 60 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
12	11/22	14	Walk 30 mins	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
13	11/29	10	Run 30 mins	Cross- Train 50 min	Run 60 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
14	12/06	10	Run 30 mins	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
15	12/13	16	Walk 30 mins	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
16	12/20	10	Run 30 min	Cross- Train 50 min	Run 60 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
17	12/27	11	Run 30 mins	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
18	1/03	18	Walk 30 mins	Cross- Train 50 min	Run 40 mins	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
19	1/10	10	Run 30 mins	Cross- Train 50 min	Run 60 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
20	1/17	11 4 if doing RB HALF	Run 30 mins ROSE BOWL HALF	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 40 mins then 6x200m hill repeats	Rest
21	1/24	20	Walk 30 min	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 40 min easy pace	Rest
22	1/31	10	Run 30 mins Surf City Half	Cross- Train 50 min	Run 60 min	Cross- Train 50 min	Run 60 min easy pace	Rest
23	2/07	12	Run 30 mins	Cross- Train 50 min	Run 40 min	Cross- Train 50 min	Run 50 min easy pace	Rest
24	2/14	22	Walk 30 mins	Cross- Train 50 min	Run 50 min	Cross- Train 50 min	Run 50 min easy pace	Rest
25	2/21	10	Run 20 mins	Cross- Train 30 min	Run 30 mins	Rest	Run 30 mins easy pace	Rest
26	2/28	8	Run 10 mins	Rest	Run 30 mins easy pace	Rest	Run 30 mins easy pace	Rest
27	3/07	Rest on Sat	LAM 26.2 March 8th	Wear your medal all day	REST	Walk 20 minutes	Swim	Rest
28	3/14	After your marathon, take the next three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!						
		*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						