



TRAINING SCHEDULE FOR:
Los Angeles Marathon
March 16, 2025

	Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri	
Marathon Pace	1	9/14	6	Walk 30min	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	10
Marathon Pace	2	9/21	6	Walk 30min	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	11
Marathon Pace	3	9/28	8	Walk 30min	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	12
Marathon Pace	4	10/5	6	Trail Run/Walk	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	13
Marathon Pace	5	10/12	8	Trail Run/Walk	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	14
Marathon Pace	6	10/19	9	Trail Run/Walk LB Half/Full	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	15
Marathon Pace	7	10/26	10	Trail Run/Walk	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	16
Marathon Pace	8	11/2	8	Trail Run/Walk	Pace Run	Cross-train 45 60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	14
(2 min)	9	11/9	12	Trail Run/Walk	Speed Work	Cross-train 45 60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	19
(2 min)	10	11/16	10 Hilly Route or Revel	Trail Run/Walk	Speed Work	Cross-train 45 60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
(2 min)	11	11/23	10	Trail Run/Walk	Speed Work	Cross-train 45 60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
(2 min)	12	11/30	13.1	Trail Run/Walk	Speed Work	Cross-train 45 60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	21
(2 min)	13	12/7	10 Hilly Route	Trail Run/Walk	Speed Work	Cross-train 45 60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
(2 min)	14	12/14	10	Trail Run/Walk	Speed Work	Cross-train 45 60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
(2 min)	15	12/21	16	Trail Run/Walk	Speed Work	Cross-train 45 60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	23



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	Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri	
(2 min)	16	12/28	10 Hilly Route	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
(2 min)	17	1/4	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18
Marathon Pace Test Run	18	1/11	18	Trail Run/Walk	(2 min) for recovery	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	25
(2 min)	19	1/18	10* (4 if doing Rose Bowl Half)	Trail Run/Walk /Rose Bowl Half	Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
(2 min)	20	1/25	11	Trail Run/Walk	Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18
(2 min)	21	2/1	20 (7 if doing Surf City Half)	Trail Run/Walk Surf City Half	Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	27
Marathon Pace	22	2/8	10	Trail Run/Walk	Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
(2 min)	23	2/15	13.1	Trail Run/Walk	Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	19
(2 min)	24	2/22	22	Trail Run/Walk	Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	29
Taper	25	3/1	10	Walk 30min	Easy 3 miles	Cross-train 45-60min	Easy 3 miles	Cross-train 45-60min	Rest	16
Taper	26	3/8	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest	14
Shake Out	27	3/15	Walk or Run easy 3 miles	Race Day	Walk 3 miles Medal Monday	Rest	Walk 4miles	Swim	Rest	
	28	3/22	3-4(B) 6-8(A) Slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!					