

## TRAINING SCHEDULE FOR:

## Los Angeles Marathon March 16, 2025

			Sat							
	Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri	
							3 Miles			1
Marathon						Cross-train 45	Hill	Cross-train		
Pace	1	9/14	6	Walk 30min	Pace Run	60min	Repeats	45-60min	Rest	10
							3 Miles			+
Marathon						Cross-train 45		Cross-train		
Pace	2	9/21	6	Walk 30min	Pace Run	60min	Repeats	45-60min	Rest	11
							3 Miles			╁
Marathon						Cross-train 45		Cross-train		
Pace	3	9/28	8	Walk 30min	Pace Run	60min	Repeats	45-60min	Rest	12
		0/20	_				3 Miles	1		+
Marathon				Trail		Cross-train 45		Cross-train		
Pace	4	10/5	6	Run/Walk	Pace Run	60min	Repeats	45-60min	Rest	13
. 400	7	10/3		Tidil) Water	T doc Hall	00111111	3 Miles	40 00111111	11000	10
Marathon				Trail		Cross-train 45		Cross-train		
Pace	5	10/12	8	Run/Walk	Pace Run	60min	Repeats	45-60min	Rest	14
1 400	3	10/12	-	Trail	i acc nuii	Oomin	3 Miles	45-0011111	INCST	14
Marathan				Run/Walk		Cross-train 45		Cross-train		
Marathon Pace	6	10/19	9	LB Half/Full	Pace Run	60min	Repeats	45-60min	Rest	1.5
race	0	10/19	9	LB Hati/Futt	race null	OUIIIII	3 Miles	45-0011111	nest	15
				Trail		Cross-train 45		Cross-train		
Marathon	7	10/00	10	Run/Walk	Pace Run	60min		45-60min	Rest	10
Pace	7	10/26	10	Rull/Walk	Pace Ruii	00111111	Repeats 3 Miles	45-60111111	Rest	16
Manakhan				Trail		Cross-train 45		Cross-train		
Marathon	0	44/0	8	Run/Walk	Pace Run	60min	Repeats	45-60min	Rest	
Pace	8	11/2	0	nuii/ vvaik	race null	OUIIIII		45-0011111	nest	14
				<b>.</b>			4 Miles			
(a · )	0	44/0	40	Trail	Speed	Cross-train 45		Cross-train	D4	
(2 min)	9	11/9	12	Run/Walk	Work	60min	Repeats	45-60min	Rest	19
(0)			10 Hilly				4 5 4 11			
			Route	<b>.</b>			4 Miles			
			or	Trail	Speed	Cross-train 45		Cross-train		
(2 min)	10	11/16	Revel	Run/Walk	Work	60min	Repeats	45-60min	Rest	17
							4 Miles			
			4.0	Trail	Speed	Cross-train 45		Cross-train		
(2 min)	11	11/23	10	Run/Walk	Work	60min	Repeats	45-60min	Rest	17
							4 Miles			
				Trail	Speed	Cross-train 45		Cross-train		
(2 min)	12	11/30	13.1	Run/Walk	Work	60min	Repeats	45-60min	Rest	21
							4 Miles			
			10 Hilly		Speed	Cross-train 45		Cross-train		
(2 min)	13	12/7	Route	Run/Walk	Work	60min	Repeats	45-60min	Rest	17
							4 Miles			
				Trail	Speed	Cross-train 45	Hill	Cross-train		
(2 min)	14	12/14	10	Run/Walk	Work	60min	Repeats	45-60min	Rest	17
							4 Miles			
				Trail	Speed	Cross-train 45	Hill	Cross-train		
(2 min)	15	12/21	16	Run/Walk	Work	60min	Repeats	45-60min	Rest	23



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			Sat							
	Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri	
							4 Miles			
			10 Hilly	Trail	Speed	Cross-train 45	Hill	Cross-train		
(2 min)	16	12/28	Route	Run/Walk	Work	60min	Repeats	45-60min	Rest	17
							4 Miles			Ħ
				Trail	Speed	Cross-train 45	Hill	Cross-train		
(2 min)	17	1/4	11	Run/Walk	Work	60min	Repeats	45-60min	Rest	18
Marathon							4 Miles			
Pace Test				Trail	(2 min) for	Cross-train 45	Hill	Cross-train		
Run	18	1/11	18	Run/Walk	recovery	60min	Repeats	45-60min	Rest	25
			10* (4 if	Trail						Ħ
			doing	Run/Walk			4 Miles			
			Rose	/Rose Bowl		Cross-train 45		Cross-train		
(2 min)	19	1/18	Bowl Half)	Half	Pace Run	60min	Repeats	45-60min	Rest	17
(2)	10	1/10	,	Tida	r acc nan	00111111	4 Miles	40 00111111	11000	17
				Trail		Cross-train 45		Cross-train		
(2 min)	20	1/25	11	Run/Walk	Pace Run	60min	Repeats	45-60min	Rest	18
(2 11111)	20	1/25	20 (7 if	Tully Walk	r acc num	OOTTIIIT	Персаіз	45-0011111	nest	10
			doing	Trail			4 Miles			
			Surf City	Run/Walk		Cross-train 45	Hill	Cross-train		
(2 min)	21	2/1	Half)	Surf City Half	Pace Run	60min	Repeats	45-60min	Rest	27
							4 Miles			
Marathon				Trail		Cross-train 45	Hill	Cross-train		
Pace	22	2/8	10	Run/Walk	Pace Run	60min	Repeats	45-60min	Rest	17
							4 Miles			
				Trail		Cross-train 45	Hill	Cross-train		
(2 min)	23	2/15	13.1	Run/Walk	Pace Run	60min	Repeats	45-60min	Rest	19
							4 Miles			Ħ
				Trail		Cross-train 45	Hill	Cross-train		
(2 min)	24	2/22	22	Run/Walk	Pace Run	60min	Repeats	45-60min	Rest	29
					Faa 2	Overe twein 45	Fag. (2	Overe twein		
_	0.5		40		Easy 3	Cross-train 45	-	Cross-train	<u>.</u>	
Taper	25	3/1	10	Walk 30min	miles	60min	miles	45-60min	Rest	16
					Easy 3		Easy 3			
Taper	26	3/8	8	Walk 30min	miles	Rest	miles	Rest	Rest	14
			Walk or		Walk 3					T
			Run		miles					
Shake			easy 3		Medal		Walk			
Out	27	3/15		Race Day	Monday	Rest	4miles	Swim	Rest	
			3-4(B)			ļ		ļ		$\forall$
			6-8(A)		After your marathon, take three weeks of really slow running before resuming training.  LISTEN TO					
	28	3/22		Rest						
	28	3/22	Slow!	Rest	YOUR BODY!					