



TRAINING SCHEDULE FOR:
Los Angeles Marathon
March 8, 2026

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri	
1	9/20	6	Walk 30min	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	12
2	9/27	7	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	13
3	10/4	8	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	14
4	10/11	9	Trail Run/Walk LB Half/Full	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	15
5	10/18	10	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	16
6	10/25	8* (3 if doing Bination al Half)	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	14
7	11/1	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	19
8	11/8	10 Hilly Route or Revel	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
9	11/15	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
10	11/22	13.1	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	20
11	11/29	10 Hilly Route	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
12	12/6	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
13	12/13	16	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	23
14	12/20	10 Hilly Route	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17



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Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri		
15	12/27	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18	
16	1/3	18	Trail Run/Walk	3 easy for recovery	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	25	
17	1/10	10	Trail Run/Walk /Rose Bowl Half	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18	
18	1/17	11* (3 if doing Rose Bowl Half)	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	19	
19	1/24	20	Trail Run/Walk Surf City Half	3 easy for recovery	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	27	
20	1/31	10 (3 if doing Surf City Half)	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18	
21	2/7	13.1	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	21	
22	2/14	20/22	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	28	
23	2/21	10	Walk 30min	3 Miles Pace Run	Cross-train 45-60min	3 Miles Pace Run	Cross-train 45-60min	Rest	16	
24	2/28	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest	14	
25	3/7	Walk or Run easy 3 miles	Race Day	Walk 3 miles Medal Monday	Rest	Walk 4miles	Swim	Rest		
26	3/14	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!						