TRAINING SCHEDULE FOR:
Los Angeles Marathon
March 7, 2027

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri	Total miles for the week
1	9/12	6 Santa Monica Classic	Walk 30min	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	12
2	9/19	6	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	12
3	9/26	7 Ascot Hills Challenge	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	13
4	10/3	7	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	13
5	10/10	8	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	14
6	10/17	10 Boyle Heights 5K	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	3 Miles Hill Repeats	Cross-train 45-60min	Rest	16
7	10/24	8 Binational Half	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	15
8	10/31	12 Whittier Spooktacular	Trail Run/Walk	3 Mile Run or speed work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	19
9	11/7	10 Revel Big Bear	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
10	11/14	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
11	11/21	14	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	21
12	11/28	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
13	12/5	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
14	12/12	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	Total miles for the week
15	12/19	10 Holiday Half	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	17
16	12/26	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18
17	1/2	18	Trail Run/Walk	3 easy for recovery	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	25
18	1/9	10	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18
19	1/16	11 Rose Bowl Half	Trail Run/Walk Surf City Half	3 easy for recovery	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18
20	1/23	20	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	28
21	1/30	10	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	18
22	2/6	12 Surf City Marathon	Trail Run/Walk	4 Miles Pace Run	Cross-train 45-60min	4 Miles Hill Repeats	Cross-train 45-60min	Rest	20
23	2/13	22	Walk 30min	3 Miles Pace Run	Cross-train 45-60min	3 Miles Pace Run	Cross-train 45-60min	Rest	28
24	2/20	10 Firecracker 5K/10K	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest	16
25	2/27	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest	14
26	3/6	Walk or Run easy 3 miles	**Race Day**	**Walk 3 miles Medal Monday**	Rest	Walk 4miles	Swim	Rest	
	3/13	**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!**					