



TRAINING PLAN

LA ROAD RUNNERS – MARATHON TRAINING

LEVEL 4: 20% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 9/18-9/24	10 MIN EASY		10 MIN EASY				
	2 MIN R-PACE 2 MIN WALK/JOG X3	DAY OFF	3 MIN T-PACE + 2 MIN HMRP X2	40 MIN EASY	DAY OFF	3 MILES EASY	40 MIN EASY + STRENGTH
	5 MIN T-PACE 5 MIN EASY		6 MIN T-PACE 5 MIN EASY				
Week 2 9/25-10/1	10 MIN EASY		10 MIN EASY				
	2 MIN R-PACE 2 MIN WALK/JOG X3	DAY OFF	3 MIN T-PACE + 2 MIN HMRP X3	40 MIN EASY	DAY OFF	4 MILES EASY	40 MIN EASY + STRENGTH
	5 MIN T-PACE 5 MIN EASY		6 MIN T-PACE 5 MIN EASY				
Week 3 10/2-10/8	10 MIN EASY		5 MIN EASY				
	5 MIN T-PACE 2 MIN HMRP X2	DAY OFF	3 MIN T-PACE + 2 MIN HMRP X3	45 MIN EASY	DAY OFF	5 MILES EASY	40 MIN EASY + STRENGTH
	10 MIN EASY		5 MIN T-PACE 5 MIN EASY				
Week 4 10/11-10/15	5 MIN EASY		10 MIN EASY				
	5 MIN T-PACE 2 MIN HMRP X3	DAY OFF	4 MIN T-PACE + 2 MIN HMRP X3	40 MIN EASY	DAY OFF	7 MILES EASY	20 MIN EASY 20 MIN MRP + STRENGTH
	5 MIN EASY		5 MIN EASY				
Week 5 10/16-10/22 Taper Week			5 MIN EASY				
	30 MIN EASY + STRENGTH	DAY OFF	3 MIN T-PACE + 3 MIN HMRP X3	DAY OFF	DAY OFF	5 MILES EASY	DAY OFF
			5 MIN EASY				
Week 6 10/23-10/29	5 MIN EASY		15 MIN EASY				
	3 MIN T-PACE 3 MIN HMRP X3	DAY OFF	4 MIN T-PACE + 2 MIN HMRP X3	40 MIN EASY	DAY OFF	8 MILES EASY	20 MIN EASY 20 MIN MRP + STRENGTH
	5 MIN EASY		5 MIN T-PACE 10 MIN EASY				

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 7 10/30-11/5	10 MIN EASY 5 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 15 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP X3 10 MIN T-PACE 5 MIN EASY	40 MIN EASY	DAY OFF	9 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
Week 8 11/6-11/12	10 MIN EASY 10 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP X3 10 MIN T-PACE 5 MIN EASY	45 MIN EASY	DAY OFF	10 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
Week 9 11/13-11/19 Taper Week	30 MIN EASY + STRENGTH	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE 5 MIN EASY 5 MIN T-PACE 5 MIN EASY	5 MILES EASY	DAY OFF
Week 10 11/20-11/26	10 MIN EASY 10 MIN T-PACE 5 MIN HMRP 10 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3:30 MIN I-PACE + 3:30 MIN HMRP X4 5 MIN EASY	50 MIN EASY	DAY OFF	11 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
Week 11 11/27-12/3	15 MIN EASY 10 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 6:00 MIN T-PACE + 3:00 MIN HMRP X4 5 MIN EASY	50 MIN EASY	DAY OFF	13 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
Week 12 12/4-12/10	10 MIN EASY 10 MIN T-PACE 10 MIN EASY 10 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 6:00 MIN T-PACE + 3:00 MIN HMRP X4 5 MIN EASY	1 HOUR EASY	DAY OFF	14 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
Week 13 12/11-12/17 Taper Week	5 MIN EASY 3 MIN R-PACE + 2 MIN WALK/JOG X3 10 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN I-PACE + 2 MIN HMRP X3 5 MIN EASY	30 MIN EASY	DAY OFF	7 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 14 12/18-12/24	15 MIN EASY 3 MIN R-PACE + 2 MIN WALK/JOG X6 10 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 6:30 MIN T-PACE + 3:00 MIN HMRP X4 10 MIN EASY	1 HOUR EASY	DAY OFF	15 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
Week 15 12/25-12/31	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG X7 15 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP X4 5 MIN EASY	1:05 HOUR EASY	DAY OFF	16 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
Week 16 1/1-1/7	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG X8 20 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 8 MIN T-PACE + 2 MIN HMRP X4 10 MIN EASY	1:10 HOUR EASY	DAY OFF	17 MILES EASY	30 MIN EASY 40 MIN MRP + STRENGTH
Week 17 1/8-1/14 Taper Week	5 MIN EASY 20 MIN MRP 10 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY 4 X 50M STRIDERS	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 30 MIN MRP
Week 18 1/15-1/21 Race Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY 4 X 50M STRIDERS	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 <p>RACE DAY HAVE FUN!</p>
Week 19 1/22-1/28	DAY OFF	10 MIN EASY 5 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	40 MIN EASY	10 MIN EASY 3:30 MIN I-PACE + 3:30 MIN HMRP X4 5 MIN EASY	DAY OFF	9 MILES EASY	
Week 20 1/29-2/4	10 MIN EASY 2MIN R-PACE + 2 MIN WALK/JOG X8 15 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 9 MIN T-PACE + 2 MIN HMRP X4 10 MIN EASY	1:15 HOUR EASY	DAY OFF	18 MILES EASY	30 MIN EASY 40 MIN MRP

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 21 2/5-2/11 Taper Week	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X3 8 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP X3 10 MIN EASY	1 HOUR EASY	DAY OFF	10 MILES EASY	DAY OFF
Week 22 2/12-2/18	10 MIN EASY 7 MIN T-PACE 5 MIN HMRP 8 MIN T-PACE 5 MIN HMRP 9 MIN T-PACE 20 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 10 MIN T-PACE + 2 MIN HMRP X4 15 MIN EASY	1:20 HOUR EASY + STRENGTH	DAY OFF	18 MILES EASY	25 MIN EASY 5 MIN T-PACE 45 MIN MRP
Week 23 2/19-2/25	10 MIN EASY 4 MIN I-PACE 2 MIN WALK/JOG X4 20 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 20 MIN T-PACE + 4 MIN HMRP X2 15 MIN EASY	1:25 HOUR EASY + STRENGTH	DAY OFF	20 MILES EASY	25 MIN EASY 5 MIN T-PACE 45 MIN MRP
Week 24 2/26-3/3 Taper Week	5 MIN EASY 30 MIN MRP 5 MIN EASY 10 MIN T-PACE 5 MIN EASY 10 MIN T-PACE	DAY OFF	5 MIN EASY 40 MIN T-PACE 5 MIN EASY 4 X 50M STRIDERS	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MILES EASY	20 MIN EASY 30 MIN MRP
Week 25 3/4-3/10 Taper Week	5 MIN EASY 15 MIN MRP 5 MIN EASY 20 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY 4 X 50M STRIDERS	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	20 MIN EASY 30 MIN MRP
Week 26 3/11-3/17 Race Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY 4 X 50M STRIDERS	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	

CONGRATULATIONS!

ABOUT THE TRAINING PLANS

Congratulations! You've decided to train for the Los Angeles Marathon presented by ASICS on March 17, 2024.

Completing 26.2 miles at any pace is a challenging and amazing goal and everyone can benefit from a training plan that **focuses on endurance, builds mileage and speed consistently, and incorporates plenty of recovery.**

LA Road Runner Coach David Levine has developed five training schedules for beginners through advanced runners, walkers, and run/walkers. Here is how to choose the best plan for you and understand the workout terms.

CHOOSING A TRAINING SCHEDULE

Pick a plan based on where you are NOW, not where you feel you *should* be. Starting out too hard can lead to injury and will limit your endurance. You can switch schedules if you find it is too much - or too little - for your fitness.

Levels are based on total weekly mileage, time spent working out, and intensity (% of mileage that is considered speed work).

LEVEL 1: Speed work is 5% of weekly mileage. You are a beginner, walker, run/walker or returning from an injury. Focus is on completing, not competing in the marathon.

LEVEL 2: Speed work is 10% of weekly mileage. You are an advanced beginner who is not new to running. You would like to add a little more speed work.

LEVEL 3: Speed work is 15% of weekly mileage. You've have completed other races and like being more competitive. You have a goal of a PR and want to add more speed work.

LEVEL 4: Speed work is 20% of weekly mileage. You are an experienced runner who does multiple races a year. You have goals for a PR or a qualifying time. You want to be more competitive.

LEVEL 5: Mileage and total time spent working out is higher. Speed work is 15% of weekly mileage. You are a competitive runner who wants to rank high in your age group. You are racing the marathon and aiming for a PR.

UNDERSTANDING PACES

To find your training pace goals, use a recent race result or complete a mile as fast as possible. Plug that time and distance into a running pace calculator.

EASY: Slow enough that you can hold a conversation with a friend. 6/10 running effort. Heart Rate Zone 2.

MRP / MARATHON RACE PACE: Pace you expect to run 26.2 miles on race day. Heart Rate Zone 3.

HMRP / HALF MARATHON RACE PACE: Pace you expect to run 13.1 miles on race day. High end of Heart Rate Zone 3.

T-PACE / THRESHOLD: Anaerobic Threshold pace. Between your 5K and 10K pace. Fast enough that holding a conversation is difficult. Comfortably uncomfortable. 8/10 running effort. Low end of Heart Rate Zone 4.

I-PACE / INTERVAL: Fast 800 meters (1/2 mile) to 1,600 meters (1 mile). High end of Heart Rate Zone 4.

R-PACE / REPETITION: Fast 200 meters to 800 meters. Just below sprinting. Heart Rate Zone 5.