




# TRAINING PLAN

## LA ROAD RUNNERS – 5K / 10K TRAINING

### LEVEL 1: RUN/WALK



	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> 7/8-7/14	DAY OFF	30 MIN WALK	DAY OFF	30 MIN WALK	DAY OFF	45 MIN WALK	30 MIN WALK + 30 MIN STRENGTH
<b>Week 2</b> 7/15-7/21	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 6</b>	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 6</b>	DAY OFF	55 MIN WALK	30 MIN WALK + 30 MIN STRENGTH
<b>Week 3</b> 7/22-7/28	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 4</b>	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 4</b>	DAY OFF	70 MIN WALK	30 MIN WALK + 30 MIN STRENGTH
<b>Week 4</b> 7/29-8/4	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 6</b>	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 4</b>	DAY OFF	30 MIN WALK	30 MIN WALK + 30 MIN STRENGTH
<b>Week 5</b> 8/5-8/11	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 7</b>	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 7</b>	DAY OFF	80 MIN WALK	30 MIN WALK FAST + 30 MIN STRENGTH
<b>Week 6</b> 8/12-8/18	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 7</b>	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 7</b>	DAY OFF	4 MIN WALK THEN 1 MIN RUN <b>X 9</b>	40 MIN WALK FAST + 30 MIN STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 7</b> 8/19–8/25	DAY OFF	4 MIN WALK THEN 2 MIN RUN <b>X7</b>	DAY OFF	4 MIN WALK THEN 2 MIN RUN <b>X7</b>	DAY OFF	4 MIN WALK THEN 2 MIN RUN <b>X9</b>	45 MIN WALK FAST + 30 MIN STRENGTH
<b>Week 8</b> 8/26–9/1	DAY OFF	1 MIN WALK THEN 2 MIN RUN <b>X7</b>	DAY OFF	1 MIN WALK THEN 2 MIN RUN <b>X7</b>	DAY OFF	1 MIN WALK THEN 2 MIN RUN <b>X9</b>	35 MIN WALK FAST + 30 MIN STRENGTH
<b>Week 9</b> 9/2–9/8	DAY OFF	1 MIN WALK THEN 2 MIN RUN <b>X7</b>	30 MIN STRENGTH	1 MIN WALK THEN 2 MIN RUN <b>X7</b>	DAY OFF	10 MINUTE TOTAL: 1 MIN WALK THEN 2 MIN RUN <b>X3</b>	 <b>RACE DAY</b> 2 MIN RUN 1 MIN WALK

## ABOUT LARR

**LA Road Runners is the official training program for the Los Angeles Marathon presented by ASICS.** The 26 week program kicks off in September and has weekend meet ups in Santa Monica, Griffith Park, and Encino

**SIGN UP AT [LARR.MARATHON.COM](http://LARR.MARATHON.COM)**

Coached training

Pace leaders from 3 to 7 hour goal finish time.

ASICS tech shirts

Product samples & discounts

Exclusive meet up areas inside Rose Bowl Stadium locker room and Dodger Stadium on race morning.



## TRAINING TERMS

**EASY:** pace slow enough that you can hold a conversation. 6/10 running effort. Zone 2.

**MRP/MARATHON RACE PACE** - pace you expect to run 26.2 miles on race day. Zone 3.

**HMRP/HALF MARATHON RACE PACE** - pace you expect to run 13.1 miles on race day. High end of Zone 3.

**T-PACE/THRESHOLD** - between your 5K and 10K pace. Fast enough that holding a conversation is difficult. “Comfortably uncomfortable.” 8/10 running effort. Low end of Zone 4.

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

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

**OFF/XT:** Rest day or cross train (i.e., core work, yoga, Pilates, strength training, rowing, swimming).