



TRAINING PLAN

LA ROAD RUNNERS – 5K / 10K TRAINING

LEVEL 3: 15% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 7/8-7/14	10 MIN EASY 3 MIN T-PACE 2 MIN EASY 3 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE 3 MIN HMPR 3 MIN T-PACE 10 MIN EASY	15 MIN EASY	DAY OFF	3 MILES EASY	10 MIN EASY + STRENGTH TRAIN
Week 2 7/15-7/21	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG 2 MIN R-PACE 2 MIN WALK/JOG 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	20 MIN EASY + STRENGTH	DAY OFF	3 MILES EASY	15 MIN EASY + STRENGTH
Week 3 7/22-7/28	10 MIN EASY 3 MIN T-PACE 2 MIN EASY 3 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE 3 MIN EASY 6 MIN T-PACE 10 MIN EASY	20 MIN EASY + STRENGTH	DAY OFF	3 MILES EASY	10 MIN EASY + STRENGTH
Week 4 7/29-8/4	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG X2 5 MIN EASY	DAY OFF	10 MIN EASY 3 MIN R-PACE + 2 MIN HMRP X2 5 MIN EASY	10 MIN EASY + STRENGTH	DAY OFF	3 MILES EASY	STRENGTH
Week 5 8/5-8/11	15 MIN EASY 2 MIN T-PACE 2 MIN EASY 2 MIN T-PACE 10 MIN EASY	DAY OFF	5 MIN EASY 2 MIN T-PACE 2 MIN HMRP X3 4 MIN T-PACE 5 MIN EASY	35 MIN EASY	DAY OFF	4 MILES EASY	10 MIN EASY + STRENGTH
Week 6 8/12-8/18	10 MIN EASY 5 MIN T-PACE 5 MIN EASY 2 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X3 5 MIN EASY	35 MIN EASY	DAY OFF	5 MILES EASY	10 MIN EASY + STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 7 8/19–8/25	10 MIN EASY 3 MIN R-PACE 2 MIN WALK/JOG 4 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 2 MIN T-PACE 10 MIN EASY	30 MIN EASY	DAY OFF	6 MILES EASY	30 MIN EASY + STRENGTH
Week 8 8/26–9/1	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG X2 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 5 MIN EASY	15 MIN EASY + STRENGTH	DAY OFF	3 MILES EASY	STRENGTH
Week 9 9/2–9/8	15 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG X2 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 5 MIN EASY	20 MIN EASY	DAY OFF	10 MINUTE MRP	

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

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).