



TRAINING PLAN

LA ROAD RUNNERS – MARATHON TRAINING


LEVEL 1: 5% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 9/16-9/22	30 MIN EASY	DAY OFF	35 MIN EASY	30 MIN EASY	30 MIN EASY	3 MILES EASY	30 MIN EASY + STRENGTH
Week 2 9/23-9/29	40 MIN EASY	DAY OFF	45 MIN EASY	40 MIN EASY	DAY OFF	4 MILES EASY	35 MIN EASY + STRENGTH
Week 3 9/30-10/6	40 MIN EASY	DAY OFF	45 MIN EASY	45 MIN EASY	DAY OFF	5 MILES EASY	35 MIN EASY + STRENGTH
Week 4 10/7-10/13	35 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	35 MIN EASY	DAY OFF	7 MILES EASY	35 MIN EASY + STRENGTH
Week 5 10/14-10/20 Taper Week	30 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN WALK X2 10 MIN EASY	DAY OFF	DAY OFF	5 MILES EASY	15 MIN EASY + STRENGTH
Week 6 10/21-10/27	10 MIN EASY 10 MIN MRP 20 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	40 MIN EASY	DAY OFF	8 MILES EASY	35 MIN EASY + STRENGTH


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Developed by Coach David Levine for the LA Road Runners. www.larr.lamarathon.com

	MON	TUES	WED	THUR	FRI	SAT	SUN
<div>Week 1412/16-12/22</div>	20 MIN EASY 15 MIN MRP 15 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 2 MIN HMRP X3 10 MIN EASY	1 HOUR EASY	DAY OFF	15 MILES EASY	15 MIN EASY 40 MIN MRP + STRENGTH
<div>Week 1512/23-12/29</div>	20 MIN EASY 20 MIN MRP 15 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 2 MIN HMRP X4 5 MIN EASY	1:02 EASY	DAY OFF	16 MILES EASY	10 MIN EASY 40 MIN MRP + STRENGTH
<div>Week 1612/30-1/5</div>	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 2 MIN HMRP X3 5 MIN EASY	1:05 EASY	DAY OFF	17 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
<div>Week 171/6-1/12 Taper Week</div>	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY	15 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
<div>Week 181/13-1/19 Race Week</div>	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE 10 MIN EASY	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	<div> RACE DAY HAVE FUN!</div>
<div>Week 191/20-1/26</div>	10 MIN EASY 10 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	30 MIN EASY + STRENGTH	DAY OFF	9 MILES EASY	DAY OFF
<div>Week 201/27-2/2</div>	20 MIN EASY 30 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 7 MIN T-PACE + 2 MIN HMRP X3 15 MIN EASY	1 HOUR EASY + STRENGTH	DAY OFF	18 MILES EASY	15 MIN EASY 40 MIN MRP

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	MON	TUES	WED	THUR	FRI	SAT	SUN
<div>Week 21</div> <div>2/3-2/9</div> <div>Taper Week</div>	10 MIN EASY 10 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	45 MIN EASY + STRENGTH	DAY OFF	9 MILES EASY	DAY OFF
<div>Week 22</div> <div>2/10-2/16</div>	20 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 7 MIN T-PACE + 2 MIN HMRP X3 15 MIN EASY	1 HOUR EASY + STRENGTH	DAY OFF	19 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
<div>Week 23</div> <div>2/17-2/23</div>	20 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 10 MIN T-PACE + 3 MIN EASY X3 15 MIN EASY	1 HOUR EASY	DAY OFF	20 MILES EASY	15 MIN EASY 45 MIN MRP + STRENGTH
<div>Week 24</div> <div>2/24-3/2</div> <div>Taper Week</div>	15 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MILES EASY	5 MIN EASY 30 MIN MRP + STRENGTH
<div>Week 25</div> <div>3/3-3/9</div> <div>Taper Week</div>	15 MIN EASY 15MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 30 MIN MRP
<div>Week 26</div> <div>3/10-3/16</div> <div>Race Week</div>	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 5 MIN T-PACE 10 MIN EASY	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	<div> LOS ANGELES MARATHON <small>PRESENTED BY ASICS</small> RACE DAY HAVE FUN!</div>

CONGRATULATIONS!

Congratulations! You've decided to train for the Los Angeles Marathon presented by ASICS on March 16, 2025.

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.