



# TRAINING PLAN

## LA ROAD RUNNERS – MARATHON TRAINING

### LEVEL 2: 10% INTENSITY



|  | MON  | TUES    | WED   | THUR        | FRI     | SAT          | SUN      |
|--|--|---------|---|-------------|---------|--------------|----------|
| <b>Week 1</b><br>9/16–9/22                 | 20 MIN EASY<br>2 MIN T-PACE<br>20 MIN EASY           | DAY OFF | 15 MIN EASY<br>3 MIN R-PACE<br>+ 2 MIN EASY<br><b>X2</b><br>5 MIN T-PACE<br>10 MIN EASY | 50 MIN EASY | DAY OFF | 3 MILES EASY | STRENGTH |
| <b>Week 2</b><br>9/23–9/29                 | 35 MIN EASY<br>4 MIN T-PACE<br>5 MIN EASY            | DAY OFF | 15 MIN EASY<br>3 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>5 MIN T-PACE<br>10 MIN EASY | 50 MIN EASY | DAY OFF | 4 MILES EASY | STRENGTH |
| <b>Week 3</b><br>9/30–10/6                 | 40 MIN EASY<br>2 MIN T-PACE<br>5 MIN EASY            | DAY OFF | 15 MIN EASY<br>2 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>5 MIN T-PACE<br>10 MIN EASY | 50 MIN EASY | DAY OFF | 5 MILES EASY | STRENGTH |
| <b>Week 4</b><br>10/7–10/13                | 40 MIN EASY<br>3 MIN T-PACE<br>5 MIN EASY            | DAY OFF | 10 MIN EASY<br>4 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X3</b><br>5 MIN EASY                  | 50 MIN EASY | DAY OFF | 7 MILES EASY | STRENGTH |
| <b>Week 5</b><br>10/14–10/20<br>Taper Week | 30 MIN EASY  | DAY OFF | 5 MIN EASY<br>4 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>5 MIN EASY                   | DAY OFF     | DAY OFF | 5 MILES EASY | STRENGTH |
| <b>Week 6</b><br>10/21–10/27               | 20 MIN EASY<br>5 T-PACE<br>2 MIN HMRP<br>20 MIN EASY | DAY OFF | 15 MIN EASY<br>4 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X3</b><br>10 MIN EASY                 | 50 MIN EASY | DAY OFF | 8 MILES EASY | STRENGTH |

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|  | MON   | TUES    | WED  | THUR                   | FRI     | SAT                      | SUN  |
|--|---|---------|--|------------------------|---------|--------------------------|--|
| <div>Week 7</div> <div>10/28-11/3</div>                        | <div>15 MIN EASY</div> <div>4 T-PACE</div> <div>5 MIN HMRP</div> <div>10 MIN MRP</div> <div>15 MIN EASY</div> | DAY OFF | <div>20 MIN EASY</div> <div>3 MIN T-PACE</div> <div>+ 2 MIN HMRP</div> <div>X3</div> <div>10 MIN EASY</div>                          | <div>55 MIN EASY</div> | DAY OFF | <div>9 MILES EASY</div>  | STRENGTH                                     |
| <div>Week 8</div> <div>11/4-11/10</div>                        | <div>20 MIN EASY</div> <div>30 MIN MRP</div> <div>2 MIN T-PACE</div> <div>10 MIN EASY</div>                   | DAY OFF | <div>10 MIN EASY</div> <div>3 MIN I-PACE</div> <div>+ 3 MIN HMRP</div> <div>X3</div> <div>5 MIN T-PACE</div> <div>10 MIN EASY</div>  | <div>55 MIN EASY</div> | DAY OFF | <div>10 MILES EASY</div> | STRENGTH                                     |
| <div>Week 9</div> <div>11/11-11/17</div> <div>Taper Week</div> | <div>30 MIN EASY</div>  | DAY OFF | <div>10 MIN EASY</div> <div>3 MIN T-PACE</div> <div>+ 2 MIN HMRP</div> <div>X3</div> <div>10 MIN EASY</div>                          | <div>30 MIN EASY</div> | DAY OFF | <div>5 MILES EASY</div>  | STRENGTH                                     |
| <div>Week 10</div> <div>11/18-11/24</div>                      | <div>20 MIN EASY</div> <div>30 MIN MRP</div> <div>2 MIN T-PACE</div> <div>10 MIN EASY</div>                   | DAY OFF | <div>10 MIN EASY</div> <div>3 MIN I-PACE</div> <div>+ 3 MIN HMRP</div> <div>X3</div> <div>10 MIN T-PACE</div> <div>10 MIN EASY</div> | <div>55 MIN EASY</div> | DAY OFF | <div>11 MILES EASY</div> | STRENGTH                                     |
| <div>Week 11</div> <div>11/25-12/1</div>                       | <div>15 MIN EASY</div> <div>30 MIN MRP</div> <div>10 MIN EASY</div>   | DAY OFF | <div>15 MIN EASY</div> <div>3:30 MIN I-PACE</div> <div>+ 3:30 MIN HMRP</div> <div>X4</div> <div>10 MIN EASY</div>                    | <div>50 MIN EASY</div> | DAY OFF | <div>13 MILES EASY</div> | STRENGTH                                     |
| <div>Week 12</div> <div>12/2-12/8</div>                        | <div>15 MIN EASY</div> <div>15 MIN MRP</div> <div>6 MIN T-PACE</div> <div>5 MIN EASY</div>                    | DAY OFF | <div>10 MIN EASY</div> <div>6 MIN T-PACE</div> <div>+ 3 MIN HMRP</div> <div>X4</div> <div>10 MIN EASY</div>                          | <div>50 MIN EASY</div> | DAY OFF | <div>14 MILES EASY</div> | <div>20 MIN EASY</div> <div>+ STRENGTH</div> |
| <div>Week 13</div> <div>12/9-12/15</div> <div>Taper Week</div> | <div>10 MIN EASY</div> <div>10 MIN MRP</div> <div>10 MIN EASY</div>   | DAY OFF | <div>10 MIN EASY</div> <div>5 MIN T-PACE</div> <div>+ 2 MIN HMRP</div> <div>X3</div> <div>5 MIN EASY</div>                           | <div>35 MIN EASY</div> | DAY OFF | <div>7 MILES EASY</div>  | STRENGTH                                     |


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|  | MON   | TUES                                   | WED   | THUR   | FRI     | SAT           | SUN   |
|--|---|--|---|--|---------|---------------|---|
| <b>Week 14</b><br>12/16-12/22            | 15 MIN EASY<br>15 MIN MRP<br>7 MIN T-PACE<br>5 MIN EASY                             | DAY OFF                                | 10 MIN EASY<br>6 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X4</b><br>10 MIN EASY | 50 MIN EASY  | DAY OFF | 15 MILES EASY | 20 MIN EASY<br>10 MIN MRP<br>+<br>STRENGTH  |
| <b>Week 15</b><br>12/23-12/29            | 20 MIN EASY<br>15 MIN MRP<br>2 MIN T-PACE<br>2 MIN WALK<br><b>X3</b><br>15 MIN EASY | DAY OFF                                | 10 MIN EASY<br>7 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X4</b><br>10 MIN EASY | 1 HOUR EASY  | DAY OFF | 16 MILES EASY | 10 MIN EASY<br>20 MIN MRP<br>+<br>STRENGTH  |
| <b>Week 16</b><br>12/30-1/5              | 10 MIN EASY<br>20 MIN MRP<br>5 MIN T-PACE<br>5 MIN EASY                             | DAY OFF                                | 10 MIN EASY<br>8 MIN T-PACE<br>+ 2 MIN EASY<br><b>X4</b><br>10 MIN EASY | 1 HOUR EASY  | DAY OFF | 17 MILES EASY | 5 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH   |
| <b>Week 17</b><br>1/6-1/12<br>Taper Week | 5 MIN EASY<br>20 MIN MRP<br>5 MIN EASY  | DAY OFF                                | 5 MIN EASY<br><b>2 MILE<br/>TIME TRIAL</b><br>5 MIN EASY                | 5 MIN EASY<br>20 MIN MRP<br>5 MIN EASY                                 | DAY OFF | 6 MILES EASY  | 10 MIN EASY<br>10 MIN MRP<br>+<br>STRENGTH  |
| <b>Week 18</b><br>1/13-1/19<br>Race Week | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY   | DAY OFF                                | 10 MIN EASY<br>15 MIN T-PACE<br>5 MIN EASY                              | 5 MIN EASY<br>20 MIN MRP   | DAY OFF | 10 MIN MRP    |  <b>RACE DAY<br/>HAVE FUN!</b> |
| <b>Week 19</b><br>1/20-1/26              | DAY OFF   | 5 MIN EASY<br>20 MIN MRP<br>5 MIN EASY | 30 MIN EASY   | 10 MIN EASY<br>7 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X4</b><br>5 MIN EASY | DAY OFF | 9 MILES EASY  | 10 MIN EASY<br>20 MIN MRP<br>+<br>STRENGTH  |
| <b>Week 20</b><br>1/27-2/2               | 5 MIN EASY<br>30 MIN MRP<br>5 MIN T-PACE<br>5 MIN EASY                              | DAY OFF                                | 10 MIN EASY<br>9 MIN T-PACE<br>+ 2 MIN EASY<br><b>X4</b><br>10 MIN EASY | 1:05 HOUR EASY<br>+<br>STRENGTH  | DAY OFF | 18 MILES EASY | 5 MIN EASY<br>40 MIN MRP  |

# LA ROAD RUNNERS

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|  | MON  | TUES    | WED   | THUR                                    | FRI     | SAT              | SUN  |
|--|--|---------|---|---|---------|------------------|--|
| <b>Week 21</b><br>2/3-2/9<br>Taper Week  | 5 MIN EASY<br>30 MIN MRP<br>5 MIN T-PACE<br>5 MIN EASY | DAY OFF | 10 MIN EASY<br>7 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X2</b><br>10 MIN EASY                       | 45 MIN<br>EASY<br>+<br>STRENGTH         | DAY OFF | 9 MILES<br>EASY  | DAY OFF  |
| <b>Week 22</b><br>2/10-2/16              | 10 MIN EASY<br>30 MIN MRP<br>10 MIN EASY               | DAY OFF | 15 MIN EASY<br>10 MIN T-PACE<br>+ 2 MIN EASY<br><b>X4</b><br>15 MIN EASY                      | 1:10 HOUR<br>EASY<br>+<br>STRENGTH      | DAY OFF | 19 MILES<br>EASY | 5 MIN EASY<br>40 MIN MRP   |
| <b>Week 23</b><br>2/17-2/23              | 20 MIN EASY<br>30 MIN MRP<br>10 MIN EASY               | DAY OFF | 10 MIN EASY<br>20 MIN T-PACE<br>+ 2 MIN EASY<br><b>X2</b><br>15 MIN EASY                      | 1:10 HOUR<br>EASY                       | DAY OFF | 20 MILES<br>EASY | 10 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH   |
| <b>Week 24</b><br>2/24-3/2<br>Taper Week | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY                | DAY OFF | 5 MIN EASY<br>40 MIN T-PACE<br>5 MIN EASY<br><b>4 X 50M</b><br>STRIDERS                       | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY | DAY OFF | 10 MILES<br>EASY | 5 MIN EASY<br>30 MIN MRP<br>+<br>STRENGTH  |
| <b>Week 25</b><br>3/3-3/9<br>Taper Week  | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY                | DAY OFF | 10 MIN EASY<br><b>2 MILE</b><br><b>TIME TRIAL</b><br>5 MIN EASY<br><b>4 X 50M</b><br>STRIDERS | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY | DAY OFF | 6 MILES<br>EASY  | 5 MIN EASY<br>30 MIN MRP   |
| <b>Week 26</b><br>3/10-3/16<br>Race Week | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY                | DAY OFF | 15 MIN EASY<br>10 MIN T-PACE<br>5 MIN EASY<br><b>4 X 50M</b><br>STRIDERS                      | 5 MIN EASY<br>20 MIN MRP                | DAY OFF | 10 MIN<br>MRP    | <br><b>RACE DAY</b><br><b>HAVE FUN!</b> |

# 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.