

# TRAINING PLAN

## LA ROAD RUNNERS – MARATHON TRAINING

### LEVEL 3: 15% INTENSITY

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

# LA ROAD RUNNERS

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|                                            | MON                                                                                                      | TUES    | WED                                                                      | THUR        | FRI     | SAT           | SUN                                  |
|--------------------------------------------|----------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------|-------------|---------|---------------|--------------------------------------|
| <b>Week 7</b><br>10/28-11/3                | 20 MIN EASY<br>5 T-PACE<br>5 MIN HMRP<br>15 MIN EASY                                                     | DAY OFF | 10 MIN EASY                                                              | 40 MIN EASY | DAY OFF | 9 MILES EASY  | 15 MIN EASY<br>30 MIN MRP + STRENGTH |
|                                            |                                                                                                          |         | 3 MIN I-PACE<br>+ 3 MIN HMRP<br><b>X3</b><br>8 MIN T-PACE<br>5 MIN EASY  |             |         |               |                                      |
| <b>Week 8</b><br>11/4-11/10                | 20 MIN EASY<br>5 MIN T-PACE<br>5 MIN HMRP<br>20 MIN EASY                                                 | DAY OFF | 10 MIN EASY                                                              | 40 MIN EASY | DAY OFF | 10 MILES EASY | 20 MIN EASY<br>30 MIN MRP + STRENGTH |
|                                            |                                                                                                          |         | 3 MIN I-PACE<br>+ 3 MIN HMRP<br><b>X3</b><br>10 MIN T-PACE<br>5 MIN EASY |             |         |               |                                      |
| <b>Week 9</b><br>11/11-11/17<br>Taper Week | 10 MIN EASY<br>2 MIN R-PACE<br>2 MIN WALK/JOG<br><b>X2</b><br>5 MIN T-PACE<br>5 MIN EASY                 | DAY OFF | 15 MIN EASY                                                              | 30 MIN EASY | DAY OFF | 5 MILES EASY  | 30 MIN EASY + STRENGTH               |
|                                            |                                                                                                          |         | 3 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>5 MIN T-PACE<br>5 MIN EASY  |             |         |               |                                      |
| <b>Week 10</b><br>11/18-11/24              | 20 MIN EASY<br>10 MIN T-PACE<br>5 MIN HMRP<br>15 MIN EASY                                                | DAY OFF | 10 MIN EASY                                                              | 55 MIN EASY | DAY OFF | 11 MILES EASY | 20 MIN EASY<br>30 MIN MRP + STRENGTH |
|                                            |                                                                                                          |         | 3:30 MIN I-PACE<br>+ 3:30 MIN HMRP<br><b>X4</b><br>5 MIN EASY            |             |         |               |                                      |
| <b>Week 11</b><br>11/25-12/1               | 20 MIN EASY<br>5 MIN T-PACE<br>5 MIN HMRP<br>20 MIN EASY                                                 | DAY OFF | 10 MIN EASY                                                              | 55 MIN EASY | DAY OFF | 13 MILES EASY | 15 MIN EASY<br>30 MIN MRP + STRENGTH |
|                                            |                                                                                                          |         | 6:30 MIN T-PACE<br>+ 3:30 MIN HMRP<br><b>X4</b><br>5 MIN EASY            |             |         |               |                                      |
| <b>Week 12</b><br>12/2-12/8                | 20 MIN EASY<br>10 MIN T-PACE<br>20 MIN EASY                                                              | DAY OFF | 5 MIN EASY                                                               | 1 HOUR EASY | DAY OFF | 14 MILES EASY | 10 MIN EASY<br>40 MIN MRP + STRENGTH |
|                                            |                                                                                                          |         | 6:30 MIN T-PACE<br>+ 3:30 MIN HMRP<br><b>X4</b><br>5 MIN EASY            |             |         |               |                                      |
| <b>Week 13</b><br>12/9-12/15<br>Taper Week | 15 MIN EASY<br>3 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X2</b><br>5 MIN T-PACE<br>15 MIN MRP<br>5 MIN EASY | DAY OFF | 10 MIN EASY                                                              | 40 MIN EASY | DAY OFF | 7 MILES EASY  | STRENGTH                             |
|                                            |                                                                                                          |         | 5 MIN I-PACE<br>+ 2 MIN HMRP<br><b>X3</b><br>5 MIN EASY                  |             |         |               |                                      |

# LA ROAD RUNNERS

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|                                          | MON                                                      | TUES                                      | WED                                                       | THUR                                     | FRI                      | SAT           | SUN                                                                                                                                                                    |
|------------------------------------------|----------------------------------------------------------|-------------------------------------------|-----------------------------------------------------------|------------------------------------------|--------------------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Week 14</b><br>12/16-12/22            | 20 MIN EASY                                              |                                           | 10 MIN EASY                                               |                                          |                          |               |                                                                                                                                                                        |
|                                          | 3 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X3</b>            | DAY OFF                                   | 6:30 MIN T-PACE<br>+ 3:30 MIN HMRP<br><b>X4</b>           | 1 HOUR EASY                              | DAY OFF                  | 15 MILES EASY | 15 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH                                                                                                                             |
|                                          | 5 MIN T-PACE<br>15 MIN EASY                              |                                           | 5 MIN EASY                                                |                                          |                          |               |                                                                                                                                                                        |
| <b>Week 15</b><br>12/23-12/29            | 5 MIN EASY                                               |                                           | 10 MIN EASY                                               |                                          |                          |               |                                                                                                                                                                        |
|                                          | 2 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X3</b>            | DAY OFF                                   | 7 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X4</b>                 | 1 HOUR EASY                              | DAY OFF                  | 16 MILES EASY | 20 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH                                                                                                                             |
|                                          | 10 MIN T-PACE<br>15 MIN MRP<br>5 MIN EASY                |                                           | 5 MIN EASY                                                |                                          |                          |               |                                                                                                                                                                        |
| <b>Week 16</b><br>12/30-1/5              | 10 MIN EASY                                              |                                           | 10 MIN EASY                                               |                                          |                          |               |                                                                                                                                                                        |
|                                          | 2 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X4</b>            | DAY OFF                                   | 8 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X4</b>                 | 1:05 HOUR EASY                           | DAY OFF                  | 17 MILES EASY | 25 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH                                                                                                                             |
|                                          | 10 MIN T-PACE<br>15 MIN MRP<br>5 MIN EASY                |                                           | 10 MIN EASY                                               |                                          |                          |               |                                                                                                                                                                        |
| <b>Week 17</b><br>1/6-1/12<br>Taper Week | 10 MIN EASY                                              |                                           | 5 MIN EASY                                                |                                          |                          |               |                                                                                                                                                                        |
|                                          | 10 MIN EASY<br>10 MIN MRP<br>10 MIN T-PACE<br>5 MIN EASY | DAY OFF                                   | 2 MILE<br>TIME TRIAL<br>5 MIN EASY<br>4 X 50M<br>STRIDERS | 10 MIN EASY<br>20 MIN MRP<br>10 MIN EASY | DAY OFF<br>+<br>STRENGTH | 6 MILES EASY  | 10 MIN EASY<br>30 MIN MRP<br>+<br>STRENGTH                                                                                                                             |
|                                          |                                                          |                                           |                                                           |                                          |                          |               |                                                                                                                                                                        |
| <b>Week 18</b><br>1/13-1/19<br>Race Week | 10 MIN EASY                                              | DAY OFF                                   | 5 MIN EASY                                                |                                          |                          |               |                                                                                                                                                                        |
|                                          | 20 MIN MRP<br>5 MIN EASY                                 | +<br>STRENGTH                             | 20 MIN T-PACE<br>5 MIN EASY<br>4 X 50M<br>STRIDERS        | 5 MIN EASY<br>20 MIN MRP                 | DAY OFF                  | 10 MIN MRP    | <br><b>ROSE BOWL</b><br>HALF MARATHON & 5K<br><b>RACE DAY</b><br><b>HAVE FUN!</b> |
|                                          |                                                          |                                           |                                                           |                                          |                          |               |                                                                                                                                                                        |
| <b>Week 19</b><br>1/20-1/26              |                                                          | 10 MIN EASY                               |                                                           | 5 MIN EASY                               |                          |               |                                                                                                                                                                        |
|                                          | DAY OFF                                                  | 10 MIN T-PACE<br>10 MIN HMRP<br><b>X2</b> | 45 MIN EASY                                               | 3 MIN I-PACE<br>3 MIN HMRP<br><b>X2</b>  | DAY OFF                  | 15 MILES EASY | 25 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH                                                                                                                             |
|                                          |                                                          | 10 MIN EASY                               |                                                           | 10 MIN T-PACE<br>5 MIN EASY              |                          |               |                                                                                                                                                                        |
| <b>Week 20</b><br>1/27-2/2               | 10 MIN EASY                                              |                                           | 10 MIN EASY                                               |                                          |                          |               |                                                                                                                                                                        |
|                                          | 4 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X4</b>            | DAY OFF                                   | 9 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X4</b>                 | 1:10 HOUR EASY                           | DAY OFF                  | 18 MILES EASY | 15 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH                                                                                                                             |
|                                          | 6 MIN T-PACE<br>20 MIN MRP<br>5 MIN EASY                 |                                           | 10 MIN EASY                                               |                                          |                          |               |                                                                                                                                                                        |

# 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  | 10 MIN EASY<br>6 MIN T-PACE<br>5 MIN HMRP<br>10 MIN EASY                                               | DAY OFF | 5 MIN EASY<br>3 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X2</b><br>10 MIN T-PACE<br>5 MIN EASY       | 30 MIN EASY                              | DAY OFF | 10 MILES EASY | 10 MIN EASY<br>20 MIN MRP<br>+<br>STRENGTH                                            |
| <b>Week 22</b><br>2/10-2/16              | 10 MIN EASY<br>5 MIN T-PACE<br>5 MIN HMRP<br><b>X2</b><br>20 MIN MRP                                   | DAY OFF | 15 MIN EASY<br>10 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X4</b><br>15 MIN EASY                     | 1:15 HOUR EASY<br>+<br>STRENGTH          | DAY OFF | 18 MILES EASY | 20 MIN EASY<br>40 MIN MRP<br>+<br>STRENGTH                                            |
| <b>Week 23</b><br>2/17-2/23              | 15 MIN EASY<br>2 MIN R-PACE<br>2 MIN WALK/JOG<br><b>X4</b><br>5 MIN T-PACE<br>20 MIN MRP<br>5 MIN EASY | DAY OFF | 10 MIN EASY<br>20 MIN T-PACE<br>+ 4 MIN HMRP<br><b>X2</b><br>5 MIN EASY                      | 1:15 HOUR EASY                           | DAY OFF | 20 MILES EASY | 10 MIN EASY<br>45 MIN MRP<br>+<br>STRENGTH                                            |
| <b>Week 24</b><br>2/24-3/2<br>Taper Week | 5 MIN EASY<br>20 MIN MRP<br>5 MIN EASY<br>5 MIN T-PACE                                                 | 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>10 MIN EASY | DAY OFF | 10 MILES EASY | 10 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>15 MIN MRP<br>5 MIN EASY<br>10 MIN T-PACE<br>5 MIN EASY                                 | DAY OFF | 5 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>10 MIN EASY | DAY OFF | 6 MILES EASY  | 10 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 | 5 MIN EASY<br>15 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 MRP    |  |

# 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.