



SANTA MONICA CLASSIC

PRESENTED BY 

TRAINING SCHEDULE LEVEL 1: RUN/WALK



LOS ANGELES
ROAD RUNNERS

ABOUT THIS PLAN: In LEVEL 1, speed work is 5% of weekly mileage - making it a good option for beginners, walkers, run/walkers or those returning from an injury. Focus is on completing, not competing, in the race and building mileage slowly. This program includes run/walk intervals that can easily be adapted to all run or all walk.

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 7/14-7/20	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 6	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 6	DAY OFF	55 MIN WALK	30 MIN WALK + 30 MIN STRENGTH
Week 2 7/21-7/27	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 4	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 4	DAY OFF	70 MIN WALK	30 MIN WALK + 30 MIN STRENGTH
Week 3 7/28-8/3	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 6	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 4	DAY OFF	30 MIN WALK	30 MIN WALK + 30 MIN STRENGTH
Week 4 8/4-8/10	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 7	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 7	DAY OFF	80 MIN WALK	30 MIN WALK FAST + 30 MIN STRENGTH
Week 5 8/11-8/17	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 7	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 7	DAY OFF	4 MIN WALK THEN 1 MIN EASY RUN X 9	40 MIN WALK FAST + 30 MIN STRENGTH



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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 6 8/18-8/24	DAY OFF	4 MIN WALK THEN 2 MIN EASY RUN X 7	DAY OFF	4 MIN WALK THEN 2 MIN EASY RUN X 7	DAY OFF	4 MIN WALK THEN 2 MIN EASY RUN X 9	45 MIN WALK FAST + 30 MIN STRENGTH
Week 7 8/25-8/31	DAY OFF	1 MIN WALK THEN 2 MIN EASY RUN X 7	DAY OFF	1 MIN WALK THEN 2 MIN EASY RUN X 7	DAY OFF	1 MIN WALK THEN 2 MIN EASY RUN X 9	35 MIN WALK FAST + 30 MIN STRENGTH
Week 8 9/1-7	DAY OFF	1 MIN WALK THEN 2 MIN EASY RUN X 7	30 MIN STRENGTH	1 MIN WALK THEN 2 MIN EASY RUN X 7	DAY OFF	10 MINUTE TOTAL: 1 MIN WALK THEN 2 MIN EASY RUN X 3	RACE DAY

ABOUT LARR

LA Road Runners is the official training program for the ASICS Los Angeles Marathon presented. The 26 week program kicks off in September and has weekend locations 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: relaxed pace slow enough so you can easily hold a conversation. Most mileage is done in this range to build endurance. 6/10 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).