



# SANTA MONICA CLASSIC

PRESENTED BY 

## TRAINING SCHEDULE

### LEVEL 3: 15%



**LOS ANGELES  
ROAD RUNNERS**

**ABOUT THIS PLAN:** Speed work in LEVEL 3 is 15% of weekly mileage. Great for those who have completed other races and like being more competitive. Goal is a PR and ready to add higher mileage and more speed work.

|                            | MON  | TUES    | WED   | THUR                            | FRI     | SAT             | SUN                             |
|----------------------------|--|---------|---|---------------------------------|---------|-----------------|---------------------------------|
| <b>Week 1</b><br>7/14-7/20 | 10 MIN EASY<br>2 MIN R-PACE<br>2 MIN WALK/JOG<br>2 MIN R-PACE<br>2 MIN WALK/JOG<br>10 MIN EASY | DAY OFF | 10 MIN EASY<br>3 MIN T-PACE<br>+ 3 MIN HMRP<br><b>X2</b><br>10 MIN EASY             | 20 MIN<br>EASY<br>+<br>STRENGTH | DAY OFF | 3 MILES<br>EASY | 15 MIN<br>EASY<br>+<br>STRENGTH |
| <b>Week 2</b><br>7/21-7/27 | 10 MIN EASY<br>3 MIN T-PACE<br>2 MIN EASY<br>3 MIN T-PACE<br>5 MIN EASY                        | DAY OFF | 10 MIN EASY<br>6 MIN T-PACE<br>3 MIN EASY<br>6 MIN T-PACE<br>10 MIN EASY            | 20 MIN<br>EASY<br>+<br>STRENGTH | DAY OFF | 3 MILES<br>EASY | 10 MIN<br>EASY<br>+<br>STRENGTH |
| <b>Week 3</b><br>7/28-8/3  | 10 MIN EASY<br>2 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X2</b><br>5 MIN EASY                     | DAY OFF | 10 MIN EASY<br>3 MIN R-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>5 MIN EASY              | 10 MIN<br>EASY<br>+<br>STRENGTH | DAY OFF | 3 MILES<br>EASY | STRENGTH                        |
| <b>Week 4</b><br>8/4-8/10  | 15 MIN EASY<br>2 MIN T-PACE<br>2 MIN EASY<br>2 MIN T-PACE<br>10 MIN EASY                       | DAY OFF | 5 MIN EASY<br>2 MIN T-PACE<br>2 MIN HMRP<br><b>X3</b><br>4 MIN T-PACE<br>5 MIN EASY | 35 MIN<br>EASY                  | DAY OFF | 4 MILES<br>EASY | 10 MIN<br>EASY<br>+<br>STRENGTH |
| <b>Week 5</b><br>8/11-8/17 | 10 MIN EASY<br>5 MIN T-PACE<br>5 MIN EASY<br>2 MIN T-PACE<br>5 MIN EASY                        | DAY OFF | 10 MIN EASY<br>3 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X3</b><br>5 MIN EASY              | 35 MIN<br>EASY                  | DAY OFF | 5 MILES<br>EASY | 10 MIN<br>EASY<br>+<br>STRENGTH |



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**LOS ANGELES ROAD RUNNERS**

|                            | MON  | TUES    | WED   | THUR                         | FRI     | SAT           | SUN                          |
|----------------------------|--|---------|---|------------------------------|---------|---------------|------------------------------|
| <b>Week 6</b><br>8/18-8/24 | 10 MIN EASY<br>3 MIN R-PACE<br>2 MIN WALK/JOG<br>4 MIN T-PACE<br>10 MIN EASY               | DAY OFF | 10 MIN EASY<br>3 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>2 MIN T-PACE<br>10 MIN EASY | 30 MIN EASY                  | DAY OFF | 6 MILES EASY  | 30 MIN EASY<br>+<br>STRENGTH |
| <b>Week 7</b><br>8/25-8/31 | 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 | 10 MIN EASY<br>3 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>5 MIN EASY                  | 15 MIN EASY<br>+<br>STRENGTH | DAY OFF | 3 MILES EASY  | STRENGTH                     |
| <b>Week 8</b><br>9/1-7     | 15 MIN EASY<br>2 MIN R-PACE<br>+ 2 MIN WALK/JOG<br><b>X2</b><br>10 MIN EASY                | DAY OFF | 10 MIN EASY<br>3 MIN T-PACE<br>+ 2 MIN HMRP<br><b>X2</b><br>5 MIN EASY                  | 20 MIN EASY                  | DAY OFF | 10 MINUTE MRP | <b>RACE DAY</b>              |

### 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](http://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).