



LOS ANGELES MARATHON

TRAINING SCHEDULE LEVEL 4: 20% INTENSITY

CREATED BY



ABOUT THIS PLAN: Speed work in LEVEL 4 is 20% of weekly mileage. Great for experienced runners who participate in multiple races a year. Goals for a PR or a qualifying time and to be more competitive.

	MON	TUES	WED	THUR	FRI	SAT	SUN
9/8 - 9/14 26 WEEKS TO GO	DAY OFF	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X2 5 MIN T-PACE 5 MIN EASY	40 MIN EASY	10 MIN EASY 3 MIN T-PACE +2 MIN HMRP X2 6 MIN T-PACE 5 MIN EASY	DAY OFF	3 MILES EASY	40 MIN EASY + STRENGTH
9/15 - 9/21 25 WEEKS TO GO	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X2 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X3 6 MIN T-PACE 5 MIN EASY	40 MIN EASY	DAY OFF	4 MILES EASY	40 MIN EASY + STRENGTH
9/22 - 9/28 24 WEEKS TO GO	10 MIN EASY 5 MIN T-PACE 2 MIN HMRP X2 10 MIN EASY	DAY OFF	5 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X3 5 MIN T-PACE 5 MIN EASY	45 MIN EASY	DAY OFF	5 MILES EASY	40 MIN EASY + STRENGTH
9/29 - 10/5 23 WEEKS TO GO	5 MIN EASY 5 MIN T-PACE 2 MIN HMRP X3 5 MIN EASY	DAY OFF	15 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X3 5 MIN EASY	40 MIN EASY	DAY OFF	7 MILES EASY	20 MIN EASY 20 MIN MRP + STRENGTH
10/6 - 10/12 22 WEEKS TO GO	5 MIN EASY 3 MIN T-PACE 3 MIN HMRP X3 5 MIN EASY	DAY OFF	15 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X3 5 MIN T-PACE 10 MIN EASY	40 MIN EASY	DAY OFF	8 MILES EASY	20 MIN EASY 20 MIN MRP + STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
10/13 - 10/19 21 WEEKS TO GO [TAPER]	35 MIN EASY + STRENGTH	DAY OFF	5 MIN EASY 3 MIN T-PACE + 4 MIN HMRP X3 5 MIN EASY	DAY OFF	DAY OFF	5 MILES EASY	DAY OFF
10/20 - 10/26 20 WEEKS TO GO	10 MIN EASY 5 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP X3 10 MIN T-PACE 5 MIN EASY	40 MIN EASY	DAY OFF	9 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
10/27- 11/2 19 WEEKS TO GO	10 MIN EASY 10 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP X3 10 MIN T-PACE 5 MIN EASY	45 MIN EASY	DAY OFF	10 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
11/3 - 11/9 18 WEEKS TO GO	10 MIN EASY 10 MIN T-PACE 5 MIN HMRP 10 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3:30 MIN I-PACE + 3:30 MIN HMRP X4 5 MIN EASY	50 MIN EASY	DAY OFF	11 MILES EASY	20 MIN EASY 30 MIN MRP + STRENGTH
11/10 - 11/16 17 WEEKS TO GO [TAPER]	30 MIN EASY + STRENGTH	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE + 5 MIN EASY X2	6 MILES EASY	DAY OFF
11/17 - 11/23 16 WEEKS TO GO	10 MIN EASY 8 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 3 MIN HMRP X4 5 MIN EASY	40 MIN EASY	DAY OFF	12 MILES EASY	18 MIN EASY 30 MIN MRP + STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
11/24 - 11/30 15 WEEKS TO GO	5 MIN EASY 10 MIN T-PACE 10 MIN EASY 10 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 6 MIN T-PACE + 3 MIN HMRP X4 5 MIN EASY	45 MIN EASY	DAY OFF	14 MILES EASY	15 MIN EASY 35 MIN MRP + STRENGTH
12/1 - 12/7 14 WEEKS TO GO	10 MIN EASY 3 MIN R-PACE 2 MIN WALK/JOG X5 10 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 6:30 MIN T-PACE + 3:30 MIN HMRP X4 10 MIN EASY	50 MIN EASY	DAY OFF	15 MILES EASY	15 MIN EASY 40 MIN MRP + STRENGTH
12/8- 12/14 13 WEEKS TO GO [TAPER]	5 MIN EASY 3 MIN R-PACE 2 MIN WALK/JOG X3 10 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN I-PACE + 2 MIN HMRP X3 5 MIN EASY	30 MIN EASY	DAY OFF	7 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH
12/15 - 12/21 12 WEEKS TO GO	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X7 15 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP X4 5 MIN EASY	65 MIN EASY	DAY OFF	16 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
12/22 - 12/28 11 WEEKS TO GO	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X8 20 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 8 MIN T-PACE + 2 MIN HMRP X4 10 MIN EASY	70 MIN EASY	DAY OFF	17 MILES EASY	30 MIN EASY 40 MIN MRP + STRENGTH
12/29 - 1/4 10 WEEKS TO GO	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X8 15 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 9 MIN T-PACE + 2 MIN HMRP X4 10 MIN EASY	75 MIN EASY	DAY OFF	18 MILES EASY	30 MIN EASY 40 MIN MRP

	MON	TUES	WED	THUR	FRI	SAT	SUN
1/5 - 1/11 9 WEEKS TO GO [TAPER]	5 MIN EASY 20 MIN MRP 10 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY 4 X 50M STRIDES	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
1/12 - 1/18 8 WEEKS TO GO	10 MIN EASY 20 MIN MRP 10 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 20 MIN T-PACE 5 MIN EASY 4 X 50M STRIDES	5 MIN EASY 20 MIN MRP	DAY OFF	10 MINUTES HMRP	ROSE BOWL HALF MARATHON RACE DAY
1/19 - 1/25 7 WEEKS TO GO	DAY OFF	10 MIN EASY 10 MIN T-PACE 10 MIN HMRP 10 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	70 MIN EASY	10 MIN EASY 4 MIN I-PACE 4 MIN HMRP X 4 2 MIN R-PACE 2 MIN WALK X2	DAY OFF	15 MILES EASY	40 MIN EASY 40 MIN MRP + STRENGTH
1/26 - 2/1 6 WEEKS TO GO	10 MIN EASY 7 MIN T-PACE 5 MIN HMRP 8 MIN T-PACE 5 MIN HMRP 9 MIN T-PACE 20 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 10 MIN T-PACE 2 MIN HMRP X4 15 MIN EASY	80 MIN EASY	DAY OFF	18 MILES EASY	25 MIN EASY 5 MIN T-PACE 45 MIN MRP
2/2 - 2/8 5 WEEKS TO GO [TAPER]	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X3 8 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE 3 MIN HMRP X3 10 MIN EASY	60 MIN EASY	DAY OFF	10 MILES EASY	DAY OFF
2/9 - 2/15 4 WEEKS TO GO	10 MIN EASY 4 MIN I-PACE 2 MIN WALK/JOG X4 20 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 20 MIN T-PACE 4 MIN HMRP X2 15 MIN EASY	85 MIN EASY	DAY OFF	20 MILES EASY	25 MIN EASY 5 MIN T-PACE 45 MIN MRP

	MON	TUES	WED	THUR	FRI	SAT	SUN
2/16 - 2/22 3 WEEKS TO GO [TAPER]	5 MIN EASY 30 MIN MRP 5 MIN EASY 10 MIN T-PACE 5 MIN EASY 10 MIN T-PACE	DAY OFF	5 MIN EASY 40 MIN T-PACE 5 MIN EASY 4 X 50M STRIDES	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	10 MILES EASY	20 MIN EASY 30 MIN MRP
2/23 - 3/1 2 WEEKS TO GO [TAPER]	5 MIN EASY 15 MIN MRP 5 MIN EASY 20 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY 4 X 50M STRIDES	10 MIN EASY 20 MIN MRP 10 MIN EASY	DAY OFF	6 MILES EASY	20 MIN EASY 30 MIN MRP
3/2 - 3/8 1 WEEKS TO GO [TAPER]	10 MIN EASY 20 MIN MRP 10 MIN T-PACE 5 MIN EASY	DAY OFF	5 MIN EASY 20 MIN T-PACE 5 MIN EASY 4 X 50M STRIDES	5 MIN EASY 20 MIN MRP	DAY OFF	10 MINUTES MRP	 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).