

LA CHARITY HALF MARATHON

TRAINING SCHEDULE LEVEL 1: 5% INTENSITY

CREATED BY



ABOUT THIS PLAN: Speed work in LEVEL 1 is 5% of weekly mileage. Good for beginners, walkers, run/walkers or those returning from an injury. Focus is on completing, not competing in the half marathon

	MON	TUES	WED	THUR	FRI	SAT	SUN
11/17 - 11/23 16 WEEKS TO GO	30 MIN EASY	DAY OFF	15 MIN EASY 4 MIN T-PACE 3 MIN HMRP 10 MIN EASY	45 MIN EASY	DAY OFF	1 HOUR EASY	DAY OFF + STRENGTH
11/24 - 11/30 15 WEEKS TO GO	15 MIN EASY 4 MIN T-PACE 10 MIN EASY	DAY OFF	DAY OFF	30 MIN EASY	DAY OFF	30 MIN EASY	DAY OFF + STRENGTH
12/1 - 12/7 14 WEEKS TO GO	35 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE 2 MIN HMRP X 2 10 MIN EASY	50 MIN EASY	DAY OFF	70 MIN EASY	DAY OFF + STRENGTH
12/8 - 12/ 14 13 WEEKS TO GO	35 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 5 MIN EASY	30 MIN EASY	DAY OFF	80 MIN EASY	30 MIN EASY + STRENGTH
12/15 - 12/21 12 WEEKS TO GO	35 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 10 MIN EASY	40 MIN EASY	DAY OFF	90 MIN EASY	30 MIN EASY + STRENGTH
12/22 - 12/28 11 WEEKS TO GO [TAPER]	30 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 1 MIN HMRP X2 10 MIN EASY	30 MIN EASY	DAY OFF	40 MIN EASY	DAY OFF + STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
12/29 - 1/4 10 WEEKS TO GO	40 MIN EASY	DAY OFF	10 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X2 10 MIN EASY	45 MIN EASY	DAY OFF	1 HR 40 MIN EASY	30 MIN EASY + STRENGTH
1/5 - 1/11 9 WEEKS TO GO	20 MIN EASY 30 MIN MRP	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN EASY X3 10 MIN EASY	20 MIN EASY 20 MIN MRP 20 MIN EASY	DAY OFF	1 HR 50 MIN EASY	20 MIN EASY 30 MIN MRP + STRENGTH
1/12 - 1/18 8 WEEKS TO GO	20 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X3 10 MIN EASY	1 HR EASY	DAY OFF	2 HOURS EASY	50 MIN EASY + STRENGTH
1/19 - 1/25 7 WEEKS TO GO [TAPER]	30 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 10 MIN EASY	40 MIN EASY	DAY OFF	1 HR 10 MIN EASY	DAY OFF + STRENGTH
1/26 - 2/1 6 WEEKS TO GO	50 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X4 10 MIN EASY	50 MIN EASY	DAY OFF	2 HR 15 MIN EASY	1 HR EASY+ STRENGTH
2/2 - 2/8 5 WEEKS TO GO	1 HR EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X4 10 MIN EASY	1 HR EASY	DAY OFF	2 HR 30 MIN EASY	1 HR EASY + STRENGTH
2/9 - 2/15 4 WEEKS TO GO	45 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 3 MIN HMRP X2 10 MIN EASY	45 MIN EASY	DAY OFF	1 HR 15 MIN EASY	DAY OFF + STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
2/16 - 2/22 3 WEEKS TO GO	1 HR EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE + 2 MIN HMRP X4 5 MIN EASY	1 HR EASY	15 MIN EASY 15 MIN MRP 10 MIN EASY	2 HR 45 MIN EASY	1 HR 5 MIN EASY + STRENGTH
2/23 - 3/1 2 WEEKS TO GO [TAPER]	DAY OFF	20 MIN EASY 15 MIN T-PACE 10 MIN EASY	DAY OFF	5 MIN EASY 2 MILE TIME TRIAL 5 MIN EASY	10 MIN EASY 20 MIN MRP 10 MIN EASY	6 MILES EASY	20 MIN EASY 30 MIN MRP
3/2 - 3/8 1 WEEKS TO GO [TAPER]	10 MIN EASY 20 MIN MRP 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	LA CHARITY HALF MARATHON RACE DAY

ABOUT LARR

LA Road Runners is the official in person training program for the ASICS Los Angeles Marathon. Our 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).