

SANTA MONICA CLASSIC

TRAINING SCHEDULE LEVEL 1: RUN/WALK

CREATED BY **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. It is also a great place to start if you're planning to train for your first marathon and would like to build a base.

	MON	TUES	WED	THUR	FRI	SAT	SUN
9 WEEKS TO RACE DAY 7/13-7/19	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
8 WEEKS 7/20-7/26	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
7 WEEKS 7/27-8/2	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
6 WEEKS 8/3-8/9	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
5 WEEKS 8/10-8/16	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

	MON	TUES	WED	THUR	FRI	SAT	SUN
4 WEEKS 8/17-8/23	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
3 WEEKS 8/24-8/30	DAY OFF	1 MIN WALK THEN 1 MIN EASY RUN X 20	DAY OFF	1 MIN WALK THEN 1 MIN EASY RUN X 20	DAY OFF	1 MIN WALK THEN 1 MIN EASY RUN X 25	DAY OFF
2 WEEKS 8/31-9/6	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
RACE WEEK 9/7-13	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	SANTA MONICA CLASSIC RACE DAY

TRAINING TERMS

LA Road Runners is the in-person training program for the ASICS Los Angeles Marathon . 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.



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).