

SANTA MONICA CLASSIC

TRAINING SCHEDULE LEVEL 4: 20%

CREATED BY **LOS ANGELES
ROAD RUNNERS**

ABOUT THIS PLAN: Speed work in LEVEL 4 is 20% of weekly mileage. For the experienced runner who does multiple races a year. Goals for a PR or a qualifying time. You want to be more competitive.

	MON	TUES	WED	THUR	FRI	SAT	SUN
9 WEEKS TO RACE DAY 7/13-7/19	10 MIN EASY 4 MIN T-PACE 2 MIN EASY X2 4 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE 3 MIN EASY 5 MIN T-PACE 3 MIN EASY 4 MIN T-PACE 5 MIN EASY	30 MIN EASY + STRENGTH	DAY OFF	5 MILES EASY	15 MIN EASY + STRENGTH
8 WEEKS 7/20-7/26	10 MIN EASY 5 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	DAY OFF	15 MIN EASY 2 MIN T-PACE 2 MIN HMRP X2 10 MIN T-PACE 10 MIN EASY	30 MIN EASY	DAY OFF	6 MILES EASY	30 MIN EASY + STRENGTH
7 WEEKS 7/27-8/2	10 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG X2 5 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 10 MIN T-PACE 5 MIN EASY	20 MIN EASY + STRENGTH	DAY OFF	4 MILES EASY	STRENGTH
6 WEEKS 8/3-8/9	15 MIN EASY 5 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	DAY OFF	15 MIN EASY 2 MIN T-PACE 2 MIN HMRP X3 10 MIN T-PACE 5 MIN EASY	30 MIN EASY	DAY OFF	7 MILES EASY	30 MIN EASY + STRENGTH
5 WEEKS 8/10-8/16	15 MIN EASY 6 MIN T-PACE 5 MIN HMRP 5 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 15 MIN T-PACE 5 MIN EASY	40 MIN EASY	DAY OFF	8 MILES EASY	30 MIN EASY + STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
4 WEEKS 8/17-8/23	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X3 8 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X2 20 MIN T-PACE 10 MIN EASY	45 MIN EASY	DAY OFF	9 MILES EASY	30 MIN EASY + STRENGTH
3 WEEKS 8/24-8/30	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X4 10 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 2 MIN T-PACE + 2 MIN HMRP X3 20 MIN T-PACE 10 MIN EASY	50 MIN EASY	DAY OFF	10 MILES EASY	30 MIN EASY + STRENGTH
2 WEEKS 8/31-9/6	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 5 MIN EASY	20 MIN EASY + STRENGTH	DAY OFF	5 MILES EASY	STRENGTH
RACE WEEK 9/7-13	15 MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG X2 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 5 MIN EASY	20 MIN EASY	DAY OFF	10 MINUTE MRP	SANTA MONICA CLASSIC RACE DAY

ABOUT LARR

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.



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).