

**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 marathon

|                                           | MON                                      | TUES    | WED                                                              | THUR        | FRI         | SAT          | SUN                    |
|-------------------------------------------|------------------------------------------|---------|------------------------------------------------------------------|-------------|-------------|--------------|------------------------|
| <b>9/14 - 9/20</b><br>25 WEEKS<br>TO GO   | 30 MIN EASY                              | DAY OFF | 35 MIN EASY                                                      | 30 MIN EASY | 30 MIN EASY | 3 MILES EASY | 30 MIN EASY + STRENGTH |
| <b>9/21 - 9/27</b><br>24 WEEKS<br>TO GO   | 40 MIN EASY                              | DAY OFF | 40 MIN EASY                                                      | 40 MIN EASY | DAY OFF     | 4 MILES EASY | 35 MIN EASY + STRENGTH |
| <b>9/28 - 10/4</b><br>23 WEEKS<br>TO GO   | 40 MIN EASY                              | DAY OFF | 45 MIN EASY                                                      | 40 MIN EASY | DAY OFF     | 5 MILES EASY | 35 MIN EASY + STRENGTH |
| <b>10/5 - 10/11</b><br>22 WEEKS<br>TO GO  | 35 MIN EASY                              | DAY OFF | 10 MIN EASY<br>3 MIN T-PACE<br>+ 2 MIN HMRP<br>X2<br>10 MIN EASY | 40 MIN EASY | DAY OFF     | 7 MILES EASY | 35 MIN EASY + STRENGTH |
| <b>10/12 - 10/18</b><br>21 WEEKS<br>TO GO | 15 MIN EASY<br>10 MIN MRP<br>15 MIN EASY | DAY OFF | 10 MIN EASY<br>3 MIN T-PACE<br>+ 3 MIN HMRP<br>X2<br>10 MIN EASY | 40 MIN EASY | DAY OFF     | 8 MILES EASY | 35 MIN EASY + STRENGTH |

|                                                             | MON                                      | TUES       | WED                                                                            | THUR           | FRI        | SAT              | SUN                          |
|-------------------------------------------------------------|------------------------------------------|------------|--------------------------------------------------------------------------------|----------------|------------|------------------|------------------------------|
| <b>10/19 - 10/25</b><br>20 WEEKS<br>TO GO<br><b>[TAPER]</b> | 30 MIN<br>EASY                           | DAY<br>OFF | 10 MIN EASY<br><br>2 MIN T-PACE<br>+ 2 MIN WALK<br>X2<br><br>10 MIN EASY       | DAY<br>OFF     | DAY<br>OFF | 5 MILES<br>EASY  | 15 MIN EASY<br>+<br>STRENGTH |
| <b>10/26 - 11/1</b><br>19 WEEKS<br>TO GO                    | 10 MIN EASY<br>20 MIN MRP<br>10 MIN EASY | DAY<br>OFF | 10 MIN EASY<br><br>2:30 MIN T-PACE<br>+ 2:30 MIN HMRP<br>X3<br><br>10 MIN EASY | 40 MIN<br>EASY | DAY<br>OFF | 9 MILES<br>EASY  | 35 MIN EASY<br>+<br>STRENGTH |
| <b>11/2 - 11/8</b><br>18 WEEKS TO<br>GO                     | 20 MIN EASY<br>20 MIN MRP<br>10 MIN EASY | DAY<br>OFF | 10 MIN EASY<br><br>2:30 MIN T-PACE<br>+ 2:30 MIN HMRP<br>X3<br><br>10 MIN EASY | 42 MIN<br>EASY | DAY<br>OFF | 10 MILES<br>EASY | 35 MIN EASY<br>+<br>STRENGTH |
| <b>11/9 - 11/15</b><br>17 WEEKS TO<br>GO                    | 20 MIN EASY<br>25 MIN MRP<br>10 MIN EASY | DAY<br>OFF | 15 MIN EASY<br><br>3 MIN T-PACE<br>+ 2 MIN HMRP<br>X3<br><br>10 MIN EASY       | 45 MIN<br>EASY | DAY<br>OFF | 11 MILES<br>EASY | 35 MIN EASY<br>+<br>STRENGTH |
| <b>11/16 - 11/22</b><br>16 WEEKS<br>TO GO<br><b>[TAPER]</b> | 10 MIN EASY<br>10 MIN MRP<br>10 MIN EASY | DAY<br>OFF | 15 MIN EASY<br><br>2 MIN T-PACE<br>+ 2 MIN HMRP<br>X2<br><br>15 MIN EASY       | 30 MIN<br>EASY | DAY<br>OFF | 6 MILES<br>EASY  | DAY<br>OFF<br>+<br>STRENGTH  |
| <b>11/23 - 11/29</b><br>15 WEEKS<br>TO GO                   | 20 MIN EASY<br>30 MIN MRP<br>10 MIN EASY | DAY<br>OFF | 10 MIN EASY<br><br>4 MIN T-PACE<br>+ 2 MIN HMRP<br>X3<br><br>10 MIN EASY       | 50 MIN<br>EASY | DAY<br>OFF | 12 MILES<br>EASY | 40 MIN EASY<br>+<br>STRENGTH |

|                                                            | MON                                      | TUES    | WED                                                                      | THUR                                     | FRI     | SAT           | SUN                                  |
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| <b>11/30 - 12/6</b><br>14 WEEKS<br>TO GO                   | 20 MIN EASY<br>30 MIN MRP<br>5 MIN EASY  | DAY OFF | 10 MIN EASY<br><br>5 MIN T-PACE<br>+ 2 MIN HMRP<br>X3<br><br>5 MIN EASY  | 55 MIN EASY                              | DAY OFF | 14 MILES EASY | 35 MIN EASY + STRENGTH               |
| <b>12/7 - 12/13</b><br>13 WEEKS<br>TO GO<br><b>[TAPER]</b> | 15 MIN EASY<br>15 MIN MRP<br>10 MIN EASY | DAY OFF | 10 MIN EASY<br><br>4 MIN T-PACE<br>+ 2 MIN HMRP<br>X2<br><br>10 MIN EASY | 45 MIN EASY                              | DAY OFF | 7 MILES EASY  | DAY OFF + STRENGTH                   |
| <b>12/14- 12/20</b><br>12 WEEKS<br>TO GO                   | 20 MIN EASY<br>15 MIN MRP<br>15 MIN EASY | DAY OFF | 10 MIN EASY<br><br>6 MIN T-PACE<br>+ 2 MIN HMRP<br>X3<br><br>10 MIN EASY | 60 MIN EASY                              | DAY OFF | 15 MILES EASY | 15 MIN EASY<br>40 MIN MRP + STRENGTH |
| <b>12/21 - 12/27</b><br>11 WEEKS<br>TO GO                  | 20 MIN EASY<br>20 MIN MRP<br>15 MIN EASY | DAY OFF | 10 MIN EASY<br><br>6 MIN T-PACE<br>+ 2 MIN HMRP<br>X3<br><br>5 MIN EASY  | 62 MIN EASY                              | DAY OFF | 16 MILES EASY | 20 MIN EASY<br>40 MIN MRP + STRENGTH |
| <b>12/28 - 1/3</b><br>10 WEEKS<br>TO GO                    | 20 MIN EASY<br>20 MIN MRP<br>10 MIN EASY | DAY OFF | 10 MIN EASY<br><br>7 MIN T-PACE<br>+ 2 MIN HMRP<br>X3<br><br>5 MIN EASY  | 65 MIN EASY                              | DAY OFF | 17 MILES EASY | 20 MIN EASY<br>40 MIN MRP + STRENGTH |
| <b>1/4 - 1/10</b><br>9 WEEKS<br>TO GO<br><b>[TAPER]</b>    | 15 MIN EASY<br>25 MIN MRP<br>10 MIN EASY | DAY OFF | 10 MIN EASY<br><br>2 MILE<br>TIME TRIAL<br><br>5 MIN EASY                | 15 MIN EASY<br>25 MIN MRP<br>10 MIN EASY | DAY OFF | 8 MILES EASY  | 20 MIN EASY<br>30 MIN MRP            |

|                                              | MON                                      | TUES                                     | WED                                                                   | THUR                                     | FRI        | SAT                | SUN                                                                                                                                                     |
|----------------------------------------------|------------------------------------------|------------------------------------------|-----------------------------------------------------------------------|------------------------------------------|------------|--------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1/11 - 1/17<br>8 WEEKS<br>TO GO<br>[TAPER]   | 15 MIN EASY<br>25 MIN MRP<br>10 MIN EASY | DAY<br>OFF                               | 10 MIN EASY<br>10 MIN T-PACE<br>10 MIN EASY                           | 5 MIN EASY<br>20 MIN MRP                 | DAY<br>OFF | 10 MINUTES<br>HMRP | <br><b>ROSE<br/>BOWL</b><br>HALF MARATHON<br><br><b>RACE<br/>DAY</b> |
| 1/18 - 1/24<br>7 WEEKS<br>TO GO<br>[REBUILD] | DAY<br>OFF                               | 10 MIN EASY<br>10 MIN MRP<br>10 MIN EASY | 10 MIN EASY<br>7 MIN T-PACE<br>3 MIN HMRP<br>X2<br><br>10 MIN EASY    | 45 MIN<br>EASY<br>+<br>STRENGTH          | DAY<br>OFF | 15 MILES<br>EASY   | DAY<br>OFF<br>+<br>STRENGTH                                                                                                                             |
| 1/25 - 1/31<br>6 WEEKS<br>TO GO              | 20 MIN EASY<br>30 MIN MRP<br>5 MIN EASY  | DAY<br>OFF                               | 15 MIN EASY<br>7 MIN T-PACE<br>+ 2 MIN HMRP<br>X3<br><br>15 MIN EASY  | 60 MIN<br>EASY                           | DAY<br>OFF | 18 MILES<br>EASY   | 15 MIN EASY<br>40 MIN MRP                                                                                                                               |
| 2/1 - 2/7<br>5 WEEKS<br>TO GO<br>[TAPER]     | 10 MIN EASY<br>10 MIN MRP<br>10 MIN EASY | DAY<br>OFF                               | 10 MIN EASY<br>7 MIN T-PACE<br>3 MIN HMRP<br>X2<br><br>10 MIN EASY    | 45 MIN<br>EASY<br>+<br>STRENGTH          | DAY<br>OFF | 10 MILES<br>EASY   | DAY<br>OFF                                                                                                                                              |
| 2/8 - 2/14<br>4 WEEKS<br>TO GO               | 20 MIN EASY<br>30 MIN MRP<br>10 MIN EASY | DAY<br>OFF                               | 15 MIN EASY<br>10 MIN T-PACE<br>+ 3 MIN HMRP<br>X3<br><br>15 MIN EASY | 60 MIN<br>EASY                           | DAY<br>OFF | 20 MILES<br>EASY   | 15 MIN EASY<br>45 MIN MRP<br>+<br>STRENGTH                                                                                                              |
| 2/15 - 2/21<br>3 WEEKS<br>TO GO<br>[TAPER]   | 15 MIN EASY<br>20 MIN MRP<br>5 MIN EASY  | DAY<br>OFF                               | 5 MIN EASY<br>20 MIN T-PACE<br>5 MIN EASY                             | 10 MIN EASY<br>20 MIN MRP<br>10 MIN EASY | DAY<br>OFF | 10 MILES<br>EASY   | 5 MIN EASY<br>30 MIN MRP                                                                                                                                |

|                                                   | MON                                      | TUES           | WED                                                       | THUR                                     | FRI        | SAT               | SUN                                                                                 |
|---------------------------------------------------|------------------------------------------|----------------|-----------------------------------------------------------|------------------------------------------|------------|-------------------|-------------------------------------------------------------------------------------|
| <b>2/22 - 2/28</b><br>2 WEEKS<br>TO GO<br>[TAPER] | 15 MIN EASY<br>15 MIN MRP<br>10 MIN EASY | DAY<br>OFF     | 10 MIN EASY<br><br>2 MILE<br>TIME TRIAL<br><br>5 MIN EASY | 10 MIN EASY<br>20 MIN MRP<br>10 MIN EASY | DAY<br>OFF | 6 MILES<br>EASY   | 10 MIN EASY<br>30 MIN MRP                                                           |
| <b>3/1 - 3/7</b><br>1 WEEKS<br>TO GO<br>[TAPER]   | 10 MIN EASY<br>20 MIN MRP<br>5 MIN EASY  | DAY<br>OFF     | 15 MIN EASY<br>5 MIN T-PACE<br>10 MIN EASY                | 5 MIN EASY<br>20 MIN MRP                 | DAY<br>OFF | 10 MINUTES<br>MRP |  |
| <b>3/8 - 3/14</b><br>POST RACE<br>[RECOVERY]      | DAY<br>OFF                               | 30 MIN<br>WALK | DAY<br>OFF                                                | 30 MIN<br>WALK                           | DAY<br>OFF | 30 MIN<br>WALK    | 30 MIN<br>WALK                                                                      |

## ABOUT LARR

**LA Road Runners is the official in-person training program for the ASICS Los Angeles Marathon.** The program kicks off in September and has locations in Santa Monica, Griffith Park, and Encino

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Coached training

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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).