




LOS ANGELES MARATHON

TRAINING SCHEDULE

LEVEL 3: 15% INTENSITY

CREATED BY



ABOUT THIS PLAN: Speed work in LEVEL 3 is 15% of weekly mileage. Great for those who have completed other races and like being more competitive. Goal is a PR and ready to add higher mileage and more speed work.

	MON	TUES	WED	THUR	FRI	SAT	SUN
9/14 - 9/20 25 WEEKS TO GO	30 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE +7 MIN HMRP X2 5 MIN T-PACE 10 MIN EASY	35 MIN EASY	DAY OFF	3 MILES EASY	30 MIN EASY + STRENGTH
9/21 - 9/27 24 WEEKS TO GO	15 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X2 5 MIN T-PACE 10 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 4 MIN T-PACE 10 MIN EASY	35 MIN EASY	DAY OFF	4 MILES EASY	35 MIN EASY + STRENGTH
9/28 - 10/4 23 WEEKS TO GO	15 MIN EASY 3 MIN T-PACE 2 MIN HMRP 2 MIN T-PACE 2 MIN HMRP 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X3 4 MIN T-PACE 10 MIN EASY	40 MIN EASY	DAY OFF	5 MILES EASY	40 MIN EASY + STRENGTH
10/5 - 10/11 22 WEEKS TO GO	15 MIN EASY 4 MIN T-PACE 2 MIN HMRP X2 5 MIN EASY	DAY OFF	10 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X3 10 MIN EASY	40 MIN EASY	DAY OFF	7 MILES EASY	18 MIN EASY 20 MIN MRP + STRENGTH
10/12 - 10/18 21 WEEKS TO GO	15 MIN EASY 3 MIN T-PACE 2 MIN HMRP X3 5 MIN EASY	DAY OFF	15 MIN EASY 4 MIN T-PACE + 2 MIN HMRP X3 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
10/19 - 10/25 20 WEEKS TO GO [TAPER]	40 MIN EASY + STRENGTH	DAY OFF	5 MIN EASY 6 MIN T-PACE + 3 MIN HMRP X2 5 MIN EASY	DAY OFF + STRENGTH	DAY OFF	5 MILES EASY	DAY OFF + STRENGTH
10/26 - 11/1 19 WEEKS TO GO	20 MIN EASY 5 MIN T-PACE 5 MIN HMRP 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP X3 8 MIN T-PACE 5 MIN EASY	40 MIN EASY	DAY OFF	9 MILES EASY	15 MIN EASY 25 MIN MRP + STRENGTH
11/2- 11/8 18 WEEKS TO GO	20 MIN EASY 5 MIN T-PACE 5 MIN HMRP 15 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	10 MILES EASY	20 MIN EASY 25 MIN MRP + STRENGTH
11/9 - 11/15 17 WEEKS TO GO	20 MIN EASY 10 MIN T-PACE 5 MIN HMRP 15 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 25 MIN MRP + STRENGTH
11/16 - 11/22 16 WEEKS TO GO [TAPER]	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X2 5 MIN T-PACE 5 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP X2 5 MIN T-PACE 5 MIN EASY	30 MIN EASY	DAY OFF	6 MILES EASY	30 MIN EASY + STRENGTH
11/23 - 11/29 15 WEEKS TO GO	20 MIN EASY 5 MIN T-PACE 5 MIN HMRP 20 MIN EASY	DAY OFF	10 MIN EASY 6:30 MIN T-PACE + 3:30 MIN HMRP X4 5 MIN EASY	55 MIN EASY	DAY OFF	12 MILES EASY	15 MIN EASY 30 MIN MRP + STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
11/30 - 12/6 14 WEEKS TO GO	20 MIN EASY 10 MIN T-PACE 20 MIN EASY	DAY OFF	5 MIN EASY 6:30 MIN T-PACE + 3:30 MIN HMRP X4 5 MIN EASY	1 HOUR EASY	DAY OFF	14 MILES EASY	10 MIN EASY 40 MIN MRP + STRENGTH
12/7 - 12/13 13 WEEKS TO GO	15 MIN EASY 3 MIN R-PACE 2 MIN WALK/JOG X2 5 MIN T-PACE 15 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 5 MIN I-PACE + 2 MIN HMRP X3 5 MIN EASY	40 MIN EASY	DAY OFF	7 MILES EASY	DAY OFF + STRENGTH
12/14 - 12/20 12 WEEKS TO GO [TAPER]	20 MIN EASY 3 MIN R-PACE 2 MIN WALK/JOG X3 5 MIN T-PACE 15 MIN EASY	DAY OFF	10 MIN EASY 6:30 MIN T-PACE + 3:30 MIN HMRP X4 5 MIN EASY	1 HOUR EASY	DAY OFF	15 MILES EASY	15 MIN EASY 40 MIN MRP + STRENGTH
12/21 - 12/27 11 WEEKS TO GO	5 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X3 10 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	1 HOUR EASY	DAY OFF	16 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
12/28 - 1/3 10 WEEKS TO GO	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X4 10 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	65 MIN EASY	DAY OFF	17 MILES EASY	25 MIN EASY 40 MIN MRP + STRENGTH
1/4 - 1/10 9 WEEKS TO GO	15 MIN EASY 10 MIN MRP 10 MIN T-PACE 10 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	15 MIN EASY 30 MIN MRP + STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
1/11 - 1/17 8 WEEKS TO GO [TAPER]	10 MIN EASY 25 MIN MRP 10 MIN EASY	DAY OFF + STRENGTH	5 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
1/18 - 1/24 7 WEEKS TO GO	DAY OFF	10 MIN EASY 10 MIN T-PACE 10 MIN HMRP X2 10 MIN EASY	45 MIN EASY	5 MIN EASY 3 MIN I-PACE 3 MIN HMRP X 2 10 MIN T-PACE 5 MIN EASY	DAY OFF	15 MILES EASY	25 MIN EASY 40 MIN MRP + STRENGTH
1/25 - 1/31 6 WEEKS TO GO [REBUILD]	10 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X5 6 MIN T-PACE 20 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 9 MIN T-PACE 2 MIN HMRP X4 10 MIN EASY	70 MIN EASY	DAY OFF	18 MILES EASY	20 MIN EASY 40 MIN MRP + STRENGTH
2/1 - 2/7 5 WEEKS TO GO	10 MIN EASY 6 MIN T-PACE 6 MIN HMRP 10 MIN MRP	DAY OFF	5 MIN EASY 3 MIN I-PACE + 3 MIN HMRP X2 5 MIN EASY	30 MIN EASY	DAY OFF + STRENGTH	10 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH
2/8 - 2/14 4 WEEKS TO GO	15 MIN EASY 2 MIN R-PACE 2 MIN WALK/JOG X4 5 MIN T-PACE 20 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 20 MIN T-PACE 4 MIN HMRP X2 5 MIN EASY	75 MIN EASY	DAY OFF	20 MILES EASY	10 MIN EASY 45 MIN MRP + STRENGTH
2/15 - 2/21 3 WEEKS TO GO [TAPER]	5 MIN EASY 20 MIN MRP 5 MIN EASY 5 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	10 MIN EASY 30 MIN MRP + STRENGTH

	MON	TUES	WED	THUR	FRI	SAT	SUN
2/22 - 2/28 2 WEEKS TO GO [TAPER]	10 MIN EASY 15 MIN MRP 5 MIN EASY 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
3/1 - 3/7 1 WEEKS TO GO [TAPER]	10 MIN EASY 20 MIN MRP 10 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 10 MIN T-PACE 5 MIN EASY 4 X 50M STRIDES	5 MIN EASY 15 MIN MRP	DAY OFF	10 MINUTES MRP	
3/8 - 3/14 0 WEEKS TO GO [RECOVERY]	30 MIN WALK	DAY OFF	30 MIN WALK	DAY OFF	10 MIN WALK 10 MIN JOG 10 MIN WALK	30 MIN WALK	30 MIN 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

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).