TRAINING PLAN

LA ROAD RUNNERS – MARATHON TRAINING

LEVEL 3: 15% INTENSITY

LOS ANGELES MARATHON PRESENTED BY asics

LOS ANGELES ROAD RUNNERS

	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 1 11/11-11/17	**10** MIN EASY **3 KM TIME TRIAL** **15** MIN EASY 4 X 50M STRIDES	DAY OFF	**15** MIN EASY **2** MIN R-PACE **2** MIN WALK/JOG **X2** **5** MIN T-PACE **15** MIN EASY	30 MIN EASY	DAY OFF	4 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH
Week 2 11/18-11/24	**15** MIN EASY **3** MIN I-PACE + **3** MIN HMRP **X3** **15** MIN EASY	DAY OFF	**15** MIN EASY **10** MIN T-PACE **5** MIN HMRP 10 MIN T-PACE **15** MIN EASY	1 HOUR EASY	DAY OFF	9 MILES EASY	35 MIN EASY 40 MIN MRP 15 MIN EASY
Week 3 11/25-12/1	**15** MIN EASY **6** MIN T-PACE + **4** MIN HMRP **X3** **10** MIN EASY	DAY OFF	**20** MIN EASY 10 MIN T-PACE **5** MIN HMRP 5 MIN T-PACE **15** MIN EASY	1:05 HOUR EASY	DAY OFF	10 MILES EASY	40 MIN EASY 35 MIN MRP 15 MIN EASY
Week 4 12/2-12/8	**15** MIN EASY **6** MIN T-PACE + 4 MIN HMRP **X4** **15** MIN EASY	DAY OFF	**20** MIN EASY **5** MIN T-PACE **10** MIN EASY 5 MIN T-PACE 10 MIN EASY	1 10 EASY	DAY OFF	12 MILES EASY	40 MIN EASY 35 MIN MRP 15 MIN EASY
Week 5 12/9-12/15 Taper Week	**10** MIN EASY **5** MIN T-PACE + **2** MIN HMRP **X3** **10** MIN EASY	DAY OFF	**15** MIN EASY 2 MIN R-PACE + **2** MIN WALK/JOG **X3** 10MIN T-PACE **15** MIN EASY	30 MIN EASY	DAY OFF	7 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH
Week 6 12/16-12/22	**10** MIN EASY 6 MIN T-PACE + **3** MIN HMRP **X4** **10** MIN EASY	DAY OFF	**15** MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG **X4** 5 MIN T-PACE **10** MIN EASY	1"15 EASY	DAY OFF	14 MILES EASY	40 MIN EASY **40** MIN MRP 15 MIN EASY

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 7 12/23-12/29	**10** MIN EASY 7 MIN T-PACE + 3 MIN HMRP **X4** **10** MIN EASY	DAY OFF	**15** MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG **X4** 5 MIN T-PACE **15** MIN EASY	1:20 EASY	DAY OFF	15 MILES EASY	**20** MIN EASY **40** MIN MRP 20 MIN EASY
Week 8 12/30-1/5	**15** MIN EASY **7** MIN T-PACE + **2** MIN HMRP **X4** **10** MIN EASY	DAY OFF	**10** MIN EASY 2 MIN R-PACE + 2 MIN WALK/JOG **X5** 15 MIN T-PACE 20 MIN MRP **10** MIN EASY	1:10 EASY + STRENGTH	DAY OFF	17 MILES EASY	**20** MIN EASY **40** MIN MRP 20 MIN EASY
Week 9 1/6-1/12 Taper Week	**10** MIN EASY **3 KM** **TIME TRIAL** **10** MIN EASY 4 X 50M STRIDES	DAY OFF	**15** MIN EASY **20** MIN MRP 10 MIN T-PACE **10** MIN EASY	**10** MIN EASY **20** MIN MRP **10** MIN EASY	DAY OFF	9 MILES EASY	**10** MIN EASY **30** MIN MRP + STRENGTH
Week 10 1/13-1/19	**15** MIN EASY **20** MIN T-PACE **15** MIN EASY 4 X 50M STRIDES	DAY OFF	**15** MIN EASY **20** MIN MRP **15** MIN EASY	**15** MIN EASY **20** MIN MRP	DAY OFF	**10 MIN** MRP	13.1 MILES HMRP
Week 11 1/20-1/26	DAY OFF	**15** MIN EASY 7 MIN T-PACE + **2** MIN HMRP **X4** **15** MIN EASY	1 HOUR EASY	**10** MIN EASY 2 MIN R-PACE + **2** MIN WALK/JOG **X5** **15** MIN T-PACE 20 MIN MRP 10 MIN EASY	DAY OFF	18 MILES EASY	35 MIN EASY **45** MIN MRP 20 MIN EASY
Week 12 1/27-2/2	**10** MIN EASY **8** MIN T-PACE + **2** MIN HMRP **X4** **10** MIN MRP **10** MIN EASY	DAY OFF	**15** MIN EASY 2 MIN R-PACE + **2** MIN WALK/JOG **X6** **10** MIN T-PACE 20 MIN MRP 10 MIN EASY	1:15 EASY + STRENGTH	DAY OFF	19 MILES EASY	**35** MIN EASY **45** MIN MRP 15 MIN EASY
Week 13 2/3-2/9 Taper Week	**10** MIN EASY **9** MIN T-PACE + **2** MIN HMRP **X4** **5** MIN EASY	DAY OFF	**15** MIN EASY **20** MIN MRP **15** MIN EASY	40 MIN EASY + STRENGTH	DAY OFF	11 MILES EASY	10 MIN EASY 30 MIN MRP + STRENGTH

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	MON	TUES	WED	THUR	FRI	SAT	SUN
Week 14 2/10-2/16	**15** MIN EASY **10** MIN T-PACE + **2** MIN HMRP **X4** **15** MIN EASY	DAY OFF	**15** MIN EASY **2** MIN R-PACE + **2** MIN WALK/JOG **X6** 10 MIN T-PACE 30 MIN MRP **15** MIN EASY	1:15 EASY + STRENGTH	DAY OFF	20 MILES EASY	30 MIN EASY 45 MIN MRP 15 MIN EASY
Week 15 2/17-2/23	**15** MIN EASY **20** MIN T-PACE **4** MIN EASY X2 **15** MIN EASY	DAY OFF	**15** MIN EASY **2** MIN R-PACE + **2** MIN WALK/JOG **X6** 10 MIN T-PACE 30 MIN MRP **15** MIN EASY	1:25 EASY	DAY OFF	20 MILES EASY	30 MIN EASY 50 MIN MRP 20 MIN EASY
Week 16 2/24-3/2 Taper Week	**15** MIN EASY **40** MIN T-PACE **15** MIN EASY 4 X 50M STRIDES	DAY OFF	**5** MIN EASY **30** MIN MRP **5** MIN EASY 10 MIN T-PACE 5 MIN EASY 10 MIN T-PACE	**10** MIN EASY **20** MIN MRP **10** MIN EASY	DAY OFF	10 MILES EASY	20 MIN EASY **30** MIN MRP
Week 17 3/3-3/9 Taper Week	**15** MIN EASY **3 KM** **TIME TRIAL** **15** MIN EASY 4 X 50M STRIDES	DAY OFF	**15** MIN EASY **15** MIN MRP **5** MIN EASY 20 MIN T-PACE 15 MIN EASY	**10** MIN EASY **20** MIN MRP **10** MIN EASY	DAY OFF	6 MILES EASY	**20** MIN EASY **30** MIN MRP
Week 18 3/10-3/16 Race Week	**15** MIN EASY **20** MIN T-PACE **15** MIN EASY 4 X 50M STRIDES	DAY OFF	**10** MIN EASY **20** MIN MRP **5** MIN EASY	**15** MIN EASY **20** MIN MRP	DAY OFF	**10 MIN** MRP	LOS ANGELES MARATHON PRESENTED BY asics **RACE DAY** **HAVE FUN!**

TRAINING PACES

EASY: Slow enough that you can hold a conversation with a friend. 6/10 running effort. Heart Rate Zone 2.

MRP / MARATHON RACE PACE: Pace you expect to run 26.2 miles on race day. Heart Rate Zone 3.

HMRP / HALF MARATHON RACE PACE: Pace you expect to run 13.1 miles on race day. High end of Heart Rate Zone 3.

T-PACE / THRESHOLD: Anaerobic Threshold pace. Between your 5K & 10K pace. Fast enough that holding a conversation is difficult. Comfortably uncomfortable. 8/10 running effort. Low end of Heart Rate Zone 4.

I-PACE / INTERVAL: Fast 800 meters (1/2 mile) to 1,600 meters (1 mile). High end of Heart Rate Zone 4.

R-PACE / REPETITION: Fast 200 meters to 800 meters. Just below sprinting. Heart Rate Zone 5.