

LA Marathon Training Template

Week	Date	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	8/23	Advanced 6	Beginner 4	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
2	8/30	7	5	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
3	9/6	8	6	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
4	9/13	9	7	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
5	9/20	10	8	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
6	9/27	9	8	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
7	10/4	12	10	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 50 min	<i>Cross-train 45-60 min</i>	Run 50 min	Rest day
8	10/11	8	8	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
9	10/18	14	12	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 60 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 50 min	Rest day
10	10/25	8	8	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
11	11/1	16	14	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 60 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 60 min	Rest day
12	11/8	10	10	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
13	11/15	18	16	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 60 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 60 min	Rest day
14	11/22	10	10	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 50 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
15	11/29	12	12	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 50 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
16	12/6	20	18	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 60 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 60 min	Rest day
17	12/13	10	10	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
18	12/20	12	12	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 40 min	Rest day
19	12/27	22	20	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 60 min w/ hill repeats	<i>Cross-train 45-60 min</i>	Run 60 min fast pace	Rest day
20	1/3	10	10	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min easy pace	<i>Cross-train 45-60 min</i>	Run 40 min fast pace	Rest day
21	1/10	12	12	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 40 min easy pace	<i>Cross-train 45-60 min</i>	Run 40 min fast pace	Rest day
22	1/17	24	22	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 60 min easy pace	<i>Cross-train 45-60 min</i>	Run 60 min fast pace	Rest day
23	1/24	10	10	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 50 min easy pace	<i>Cross-train 45-60 min</i>	Run 50 min fast pace	Rest day
24	1/31	8	8	Walk 30 min	<i>Cross-train 45-60 min</i>	Run 50 min easy pace	<i>Cross-train 45-60 min</i>	Run 50 min fast pace	Rest day
25	2/7	8	8	Rest day	Rest day	Run 30 min	Rest day	Beginner: Rest Advanced: Run 30 min	Rest day
26	2/14	LA MARATHON		Rest	After your marathon, take three weeks of really slow running before resuming training. <i>LISTEN TO YOUR BODY!</i>				

Beginner: 0-3 previous half-marathon
Advanced: 4+ previous half-marathon (a)

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 For injuries or questions contact Dr. Rich (805) 557-1288