



## LOS ANGELES MARATHON 2022 – March 20, 2022

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	9/18	4	Walk 30 Min	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	9/25	5	Walk 30 Min	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	10/2	6	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	10/9	7	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	10/16	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	10/23	9	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	10/30	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	11/6	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	11/13	12	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	11/20	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	11/27	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	12/4	14	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
13	12/11	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
14	12/18	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
15	12/25	16	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
16	1/1	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
17	1/8	11	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
18	1/15	18	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
19	1/22	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
20	1/29	11	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
21	2/5	20	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST

22	2/12	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
23	2/19	12	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
24	2/26	22	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
25	3/5	10	Trail Run/Hike	Easy 3 miles	Cross-train 45-60 min	Easy 3 miles	Cross-train 45-60 min	REST
26	3/12	8	Trail Run/Hike	Easy 3 miles	REST	Easy 3 miles	REST	REST
27	3/19	<b>REST on Sat.</b>  <b>Run 26.2 miles Sun. March 20</b>	<b>RACE DAY</b>	Walk 3 miles  Medal Monday	REST	Walk 4 miles	Swim	REST
28	3/26	<b>3-4 /Take it slow</b>	<b>REST</b>	<b>After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!</b>				

Cross-training = Swim, bike, stretch, walk, yoga, elliptical, etc.