



LOS ANGELES MARATHON – March 19, 2023 (Classic Plan)

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	9/17/22	4	Walk 30 Min	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	9/24/22	5	Walk 30 Min	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	10/1/22	6	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	10/8/22	7	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	10/15/22	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	10/22/22	9	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	10/29/22	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	11/5/22	8	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	11/12/22	12	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	11/19/22	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	11/26/22	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	12/3/22	14	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
13	12/10/22	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
14	12/17/22	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
15	12/24/22	16	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
16	12/31/22	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
17	1/7/23	11	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
18	1/14	18	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
19	1/21	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
20	1/28	11	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
21	2/4	20	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST

22	2/11	10	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
23	2/18	12	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
24	2/25	22	Trail Run/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
25	3/4	10	Trail Run/Hike	Easy 3 miles	Cross-train 45-60 min	Easy 3 miles	Cross-train 45-60 min	REST
26	3/11	8	Trail Run/Hike	Easy 3 miles	REST	Easy 3 miles	REST	REST
27	3/18	REST on Sat. Run 26.2 miles Sun. 3/19	RACE DAY	Walk 3 miles Medal Monday	REST	Walk 4 miles	Swim	REST
28	3/25	3-4 /Take it slow	REST	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				

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