



TRAINING SCHEDULE FOR: 2021 Los Angeles Marathon March 21, 2021

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/12/2020	3	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	9/19/2020	4	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	9/26	5	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	10/3	6	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	10/10	7	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	10/17	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
7	10/24	9	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
8	10/31	10	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
9	11/7	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
10	11/14	12	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 50 min	Rest
11	11/21	10	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
12	11/28	10	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
13	12/5	14	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
14	12/12	10	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
15	12/19	10	Trail Run	Alternate Exercise	Run 50 min w/	Cross- Train	Run 40 min	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
16	12/26	16	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
17	1/2/2021	10	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
18	1/9	11	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
19	1/16	18	Walk 30 min	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
20	1/23	10	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
21	1/30	11	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
22	2/6	20	Walk 30 min	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min fast pace	Rest
23	2/13	10	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min fast pace	Rest
24	2/20	12	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
25	2/27	22	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min fast pace	Rest
26	3/6	10	Rest	Rest	Run 30 min	Rest	Run 30 min (A)	Rest
27	3/13	8	Rest	Rest	Run 30 min	Rest	Run 30 min (A)	Rest
28	3/20	Rest on Sat. Run 26.2 miles Sun. March 21 26.2 miles	Wear your medal all day	Walk 3 miles	Rest	Walk 4 miles	Swim	Rest
29	3/21	3 – 4 Take it slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				