

## TRAINING SCHEDULE FOR:

## 2021 Los Angeles Marathon November 7th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	5/8	4	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
2	5/15	5	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
3	5/22	6	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
4	5/29	7	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
5	6/5	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
6	6/12	9	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
7	6/19	10	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross- Train 40 min	Run 50 min	Rest
8	6/26	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min	Rest
9	7/3	12	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 50 min	Rest
10	7/10	10	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
11	7/17	10	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
12	7/24	14	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min	Rest
13	7/31	10	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min	Rest
14	8/7	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
------	------	-----------	-----	-----	------	-----	-------	-----

15	8/14	16	Trail Run	Alternate	Run	Cross-	Run	Rest	
			Walk	Exercise	50 min w/	Train	40 min		
				40 min	hill repeats	50 min			
16	8/21	10	Walk	Alternate	Run	Cross-	Run	Rest	
			30 min	Exercise	60 min w/	Train	60 min		
				40 min	hill repeats	50 min			
17	8/28	11	Trail Run	Alternate	Run	Cross-	Run	Rest	
	0, 0		Walk	Exercise	40 min w/	Train	40 min		
				40 min	hill repeats	50 min			
18	9/4	18	Walk	Alternate	Run	Cross-	Run	Rest	
			30 min	Exercise	40 min w/	Train	40 min		
				40 min	hill repeats	50 min			
19	9/11	10	Walk	Alternate	Run	Cross-	Run	Rest	
	7,11		30 min	Exercise/	60 min	Train	60 min	11000	
				Track	easy pace	50 min	fast pace		
20	9/18	11	Trail Run	Alternate	Run	Cross-	Run	Rest	
20	7/10		Walk	Exercise/	40 min	Train	40 min	11050	
			, vali	Track	easy pace	50 min	fast pace		
21	9/25	20	Walk	Alternate	Run	Cross-	Run	Rest	
21	7/23	20	30 min	Exercise/	40 min	Train	40 min	Rest	
				Track	easy pace	50 min	fast pace		
22	10/2	10	Walk	Alternate	Run	Cross-	Run	Rest	
	10/2	10	30 min	Exercise/	60 min	Train	60 min	Kest	
			30 mm	Track	easy pace	50 min	fast pace		
23	10/9	12	Trail Run	Alternate	Run	Cross-	Run	Rest	
23	10/7	12	Walk	Exercise/	50 min	Train	50 min	Kest	
			vv ank	Track	easy pace	50 min	fast pace		
24	10/16	22	Trail Run	Alternate	Run	Cross-	Run	Rest	
24	10/10	22	Walk	Exercise/	50 min	Train	50 min	Kest	
			vv aik	Track	easy pace	50 min	fast pace		
25	10/23	10	Rest	Rest	Run	Rest	Run	Rest	
23	10/23	10	Rest	Kest	30 min	Rest	30 min	Kest	
					30 mm		(A)		
26	10/30	8	Rest	Rest	Run	Rest	Run	Rest	
20	10/30		Rest	Kest	30 min	Rest	30 min	Kest	
					30 mm		(A)		
27	11/6	Rest on		Walk	Rest	Walk	Swim	Rest	
21	11/0	Sat.		3 miles	Rest	4 miles	Swiiii	Rost	
		Su.		3 innes		1 miles			
		Run 26.2	Wear						
		miles Sun.	your						
		Nov 7th	medal all						
		1107 761	day						
		<b>26.2</b> miles	auj						
28	11/13	3 – 4 Take	Rest		l	<u> </u>		_	
20	11/13	it slow!	Kest	After your marathon, take three weeks of really slow running before resuming training.					
		it slow:							
				LISTEN TO YOUR BODY!					