



## SPEED TRAINING SCHEDULE FOR: 2023 Los Angeles Marathon - March 19, 2023

**Speed training sessions will be held every Thursday at 6:00pm at the Rose Bowl Aquatic Center. Each speed session includes 15 minutes or 2 miles of warm up before the workout and 15 minutes or 2 miles of cool down after the workout (whichever comes first).**

Week	Date	Workout Description
1	9/22	NO SPEED SESSION TODAY - BEGINS 9/29
2	9/29	8x1 minute @ 5k pace, 1 minute jog
3	10/6	8x2 minutes @ 5k pace, 2 minute jog
4	10/13	3 mile tempo run @ 10k-half marathon pace
5	10/20	10x1 minute @ 5k pace, 1 minute jog
6	10/27	6x3 minutes @ 5k pace, 2 minutes jog
7	11/3	4-5 mile tempo run @ 10k-half marathon pace
8	11/10	4x5 minutes @ 5k pace, 3 minutes jog
9	11/17	2x2 mile tempo run @ 10k pace, 3 minute standing rest between reps
10	11/24	8x2 minutes @ 5k pace, 2 minutes jog
11	12/1	6-8x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
12	12/8	8-12x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
13	12/15	5x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
14	12/22	6-10x600m repeats @ 2 mile race pace, 2 minutes standing rest between reps
15	12/29	5-6 mile tempo run @ half marathon pace
16	1/5	10-16x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
17	1/12	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
18	1/19	6x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
19	1/26	5-6 mile tempo run @ half marathon pace
20	2/2	10-16x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
21	2/9	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
22	2/16	6x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
23	2/23	5-6 mile tempo run @ half marathon pace
24	3/2	12x200m repeats @ 1 mile race pace, 2 minutes standing rest between reps
25	3/9	1x1k @ 5k, 3 min rest, 1x800 @ 2 mile, 2 min rest, 1x400 @ 1 mile pace, 1 min rest, 1x200 @ faster than 1 mile
26	3/16	NO SPEED SESSION TODAY. RUN 30 MINS EASY