



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

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/17	4	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min/	Rest
2	9/24	5	Walk 30 min	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min/ Speed Session*	Rest
3	10/1	6	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min/ Speed Session	Rest
4	10/8	7	Trail Run Walk/ LB Half	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min/ Speed Session	Rest
5	10/15	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min/ Speed Session	Rest
6	10/22	9	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min/ Speed Session	Rest
7	10/29	10	Walk 30 min	Alternate Exercise 40 min	Run 50 min	Cross- Train 40 min	Run 50 min/ Speed Session	Rest
8	11/5	8	Trail Run Walk	Alternate Exercise 40 min	Run 40 min	Cross- Train 40 min	Run 40 min/ Speed Session	Rest
9	11/12	12 or Revel Big Bear	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 50 min/ Speed Session	Rest
10	11/19	10 Snake Route	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min/ Speed Session	Rest
11	11/26	10	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min/ Speed Session	Rest
12	12/3	14	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min/ Speed Session	Rest
13	12/10	10 Spider Route	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min/ Speed Session	Rest
14	12/17	10	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min/ Speed Session	Rest
15	12/24	16	Trail Run Walk	Alternate Exercise 40 min	Run 50 min w/ hill repeats	Cross- Train 50 min	Run 40 min/ Speed Session	Rest
16	12/31	10 Spider Route	Walk 30 min	Alternate Exercise 40 min	Run 60 min w/ hill repeats	Cross- Train 50 min	Run 60 min/ Speed Session	Rest

17	1/07	11	Trail Run Walk	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 min/ Speed Session	Rest
18	1/14	18 5 if running RB Half	30 min walk /Rose Bowl Half	Alternate Exercise 40 min	Run 40 min w/ hill repeats	Cross- Train 50 min	Run 40 mins/ Speed Session	Rest
19	1/21	10 Spider Route	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min/ Speed Session	Rest
20	1/28	11	Trail Run Walk	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min/ Speed Session	Rest
21	2/04	20 7 if running Surf City	Walk 30 min/ Surf City Half	Alternate Exercise/ Track	Run 40 min easy pace	Cross- Train 50 min	Run 40 min/ Speed Session	Rest
22	2/11	10	Walk 30 min	Alternate Exercise/ Track	Run 60 min easy pace	Cross- Train 50 min	Run 60 min/ Speed Session	Rest
23	2/18	12	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min/ Speed Session	Rest
24	2/25	22	Trail Run Walk	Alternate Exercise/ Track	Run 50 min easy pace	Cross- Train 50 min	Run 50 min/ Speed Session	Rest
25	3/04	10	Rest	Rest	Run 30 mins	Rest	Run 30 mins/ Speed Session	Rest
26	3/11	8	Rest	Rest	Run 30 mins	Rest	Run 30 mins	Rest
27	3/18	Rest on Sat	LAM 26.2 3/19	Wear your medal all day	Rest	Walk 4 miles	Swim	Rest
28	3/25	After your marathon, take the next three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!						
		*THURSDAY SPEED SESSIONS - 6 PM AT ROSE BOWL AQUATIC CENTER. WORKOUTS WILL BE POSTED/EMAILED FOR THOSE WHO CANNOT ATTEND. BEGINS WEEK 2 ON THURSDAY 9/29/22						