TRAINING SCHEDULE FOR:
2024 Los Angeles Marathon - March 17th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/23	4	Walk 30 min	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min	Rest
2	9/30	5	Walk 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min or DLC Speed Session	Rest
3	10/07	6	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min or DLC Speed Session	Rest
4	10/14	7	Run 30 mins **LB Half**	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min or DLC Speed Session	Rest
5	10/21	8	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min or DLC Speed Session	Rest
6	10/28	10	Run 30 mins	Cross-Train 40 min	Run 50 min	Cross-Train 40 min	Run 50 min or DLC Speed Session	Rest
7	11/04	8	Run 30 mins	Cross-Train 40 min	Run 40 min	Cross-Train 40 min	Run 40 min or DLC Speed Session	Rest
8	11/11	12	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 50 min or DLC Speed Session	Rest
9	11/18	10 **Spider route or Revel Big Bear**	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest
10	11/25	10	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 60 min or DLC Speed Session	Rest
11	12/02	14	Walk 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest
12	12/09	10 **Spider route**	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 60 min or DLC Speed Session	Rest
13	12/16	10	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
14	12/23	16	Walk 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest
15	12/30	10 **Spider route**	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 60 min or DLC Speed Session	Rest
16	1/06	11	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest
17	1/13	18	Walk 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 40 mins or DLC Speed Session	Rest
18	1/20	10 **Spider route or 4 if doing RB Half**	Run 30 mins **/Rose Bowl Half**	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 60 min or DLC Speed Session	Rest
19	1/27	11	Run 30 mins	Cross-Train 50 min	Run 40 mins then 6x200m hill repeats	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest
20	2/03	20 **7 if doing Surf City**	Walk 30 min/ **Surf City Half**	Cross-Train 50 min	Run 40 min easy pace	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest
21	2/10	10	Run 30 mins	Cross-Train 50 min	Run 60 min easy pace	Cross-Train 50 min	Run 60 min or DLC Speed Session	Rest
22	2/17	12	Run 30 mins	Cross-Train 50 min	Run 50 min easy pace	Cross-Train 50 min	Run 40 min or DLC Speed Session	Rest
23	2/24	22	Walk 30 mins	Cross-Train 50 min	Run 50 min easy pace	Cross-Train 50 min	Run 50 min or DLC Speed Session	Rest
24	3/02	10	Run 20 mins	Cross-Train 30 min	Run 30 mins easy pace	Rest	Run 30 mins or DLC Speed Session	Rest
25	3/09	8	Run 10 mins	Rest	Run 30 mins easy pace	Rest	Run 30 mins	Rest
26	3/16	Rest on Sat	**LAM 26.2 March 17th**	**Wear your medal all day**	Rest	Walk 20 minutes	Swim	Rest
27	3/24	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 FOR THOSE WHO CANNOT ATTEND. BEGINS WEEK 2 ON THURSDAY 9/28						

SPEED TRAINING SCHEDULE FOR:
2024 Los Angeles Marathon - March 17th

	THURSDAY 6PM RBAC	Every speed session includes 15 mins warm up before the workout and 15 mins cool down after the workout
1	9/28	NO SPEED SESSION TODAY - BEGINS 10/5
2	10/5	8x1 minute @ 5k pace, 1 minute jog
3	10/12	6x2 minutes @ 5k pace, 2 minute jog
4	10/19	2-3 mile tempo run @ 10k-half marathon pace
5	10/26	10x1 minute @ 5k pace, 1 minute jog
6	11/2	6x3 minutes @ 5k pace, 2 minutes jog
7	11/9	3-5 mile tempo run @ 10k-half marathon pace
8	11/16	8x2 minutes @ 5k pace, 2 minutes jog
9	11/23	2x3k tempo run @ 10k pace, 3 minute standing rest between reps
10	11/30	6-8x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
11	12/7	8-12x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
12	12/14	4-5x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
13	12/21	6-10x600m repeats @ 2 mile race pace, 2 minutes standing rest between reps
14	12/28	4-6 mile tempo run @ half marathon pace
15	1/4	10-16x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
16	1/11	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
17	1/18	4-6x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
18	1/25	4-6 mile tempo run @ half marathon pace
19	2/1	10-16x400m repeats @ 2 mile race pace, 2 minutes standing rest between reps
20	2/8	8-10x1k repeats @ 5k-10k pace, 2 minutes standing rest between reps
21	2/15	4-6x1 mile repeat @ 10k pace, 3 minutes standing rest between reps
22	2/22	4-6 mile tempo run @ half marathon pace
23	2/29	12x200m repeats @ 1 mile race pace, 2 minutes standing rest between reps
24	3/7	1x1k @ 5k, 3 min rest, 1x800 @ 2 mile pace, 2 min rest, 1x600m @ 1.5 mile pace, 1 min rest, 1x400 @ 1 mile pace, 30 sec rest, 1x200 @ faster than 1 mile
25	3/13	NO SPEED SESSION TODAY. RUN 30 MINS EASY

Questions?
Email Coach De La Cruz:
DoctorDeLaCruzDC@Gmail.com

SPEED TRAINING PACE* CHART FOR:
2024 Los Angeles Marathon - March 17th

MARATHON	HALF PACE	10K PACE	5K PACE	2 MILE PACE	1 MILE PACE
6:00	5:44	5:28	5:16	5:05	4:45
7:00	6:42	6:23	6:10	5:59	5:36
8:00	7:42	7:20	7:04	6:53	6:27
9:00	8:42	8:17	7:59	7:47	7:20
10:00	9:42	9:14	8:54	8:41	8:14
11:00	10:42	10:12	9:49	9:36	9:08
11:30	11:12	10:41	10:17	10:03	9:35
12:00	11:42	11:10	10:44	10:31	10:02
13:00	12:41	12:09	11:40	11:26	10:57
14:00	13:40	13:07	12:36	12:21	11:52

*paces are estimates

Questions?
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DoctorDeLaCruzDC@Gmail.com