

## TRAINING SCHEDULE FOR: Los Angeles Marathon March 8, 2020

Beginner: 0-3 previous marathons (B)

Advanced: 4+ previous marathons (A)

beginner.	r: 0-3 previous maratnons (B) Advanced: 4+ previous marat							iaratiions (A)
		Sat						
Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri
				Speed	Cross-train 45-		Cross-train	
1	9/14	5	Walk 30min	Work	60min	Repeats	45-60min	Rest
				Coood	Cupas tupin 45	1 1211	Cuosa tuoin	
_	0/24			Speed	Cross-train 45-		Cross-train	
2	9/21	6	Walk 30min	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45-	Hill	Cross-train	
3	9/28	7	Run/Walk	Work	60min	Repeats	45-60min	Rest
	3/20		Italiy Walk	VVOIR	00111111	персию	45 0011111	Itest
			Trail	Speed	Cross-train 45-	Hill	Cross-train	
4	10/5	8	Run/Walk	Work	60min	Repeats	45-60min	Rest
	-							
			Trail	Speed	Cross-train 45-	Hill	Cross-train	
5	10/12	9	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Tunil	Coood	Cuasa tuain 45	1 1:11	Cuosa tuoin	
6	40/40	40	Trail	Speed	Cross-train 45-		Cross-train	
6	10/19	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45-	Hill	Cross-train	
7	10/26	8	Run/Walk	Work	60min	Repeats	45-60min	Rest
	10/20	0	itariy vvark	VVOIR	00111111	персаіз	45 0011111	itest
			Trail	Speed	Cross-train 45-	Hill	Cross-train	
8	11/2	12	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45-		Cross-train	
9	11/9	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Spood	Cross-train 45-	LI:II	Cross train	
10	11/10	10	Trail	Speed			Cross-train	Deet
10	11/16	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45-	Hill	Cross-train	
11	11/23	14	Run/Walk	Work	60min	Repeats	45-60min	Rest
	11,23		, .vanc	37 O. K	33		7.5 55111111	1.000
			Trail	Speed	Cross-train 45-	Hill	Cross-train	
12	11/30	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45-		Cross-train	
13	12/7	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Spood	Cross train 45	ш:	Cross train	
4.4	12/11	4.5	Trail	Speed	Cross-train 45-		Cross-train	D
14	12/14	16	Run/Walk	Work	60min	Repeats	45-60min	Rest



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		Sat							
Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri	
			Trail	Speed	Cross-train 45-	LI:II	Cross-train		
15	12/21	10	Run/Walk	Work	60min		45-60min	Doct	
15	12/21	10	Ruii/ Waik	WOIK	OUIIIII	Repeats	45-6011111	Rest	
			Trail	Speed	Cross-train 45-	Hill	Cross-train		
16	12/28	11	Run/Walk	Work	60min	Repeats	45-60min	Rest	
	_		Trail	Speed	Cross-train 45-		Cross-train		
17	1/4	18	Run/Walk	Work	60min	Repeats	45-60min	Rest	
			Trail	Speed	Cross-train 45-	Hill	Cross-train		
18	1/11	10	Run/Walk	Work	60min	Repeats	45-60min	Rest	
10	-,	10	Train, Train	WOLK .		переиз		11000	
			Trail	Speed	Cross-train 45-	Hill	Cross-train		
19	1/18	11	Run/Walk	Work	60min	Repeats	45-60min	Rest	
			Trail	Speed	Cross-train 45-	LI:II	Cross-train		
20	1/25	20	Run/Walk	Work	60min		45-60min	Rest	
20	1/25	20	Ruii/ Waik	WOIK	OUIIIII	Repeats	45-6011111	Rest	
			Trail	Speed	Cross-train 45-	Hill	Cross-train		
21	2/1	10	Run/Walk	Work	60min	Repeats	45-60min	Rest	
				6 1					
	0.40		Trail	Speed	Cross-train 45-		Cross-train		
22	2/8	12	Run/Walk	Work	60min	Repeats	45-60min	Rest	
			Trail	Speed	Cross-train 45-	Hill	Cross-train		
23	2/15	22	Run/Walk	Work	60min	Repeats	45-60min	Rest	
	,		·						
				Easy 3	Cross-train 45-	=	Cross-train		
24	2/22	10	Walk 30min	miles	60min	miles	45-60min	Rest	
				Easy 3		Easy 3			
25	2/29	8	Walk 30min	miles	Rest	miles	Rest	Rest	
	_, _,	<del>                                     </del>		Walk 3			1.000	1.000	
				miles					
				Medal		Walk			
26	3/7	Rest	Race Day	Monday	Rest	4miles	Swim	Rest	
	· · · · · ·	3-4(B)	-	After your marathon, take three weeks of really slow					
		6-8(A)		running before resuming training.					
27	3/14	Slow!	Rest	LISTEN TO YOUR BODY!					