



TRAINING SCHEDULE FOR:
Los Angeles Marathon
November 7, 2021

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
1	5/8	4	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
2	5/15	5	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
3	5/22	6	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
4	5/29	7	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
5	6/5	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
6	6/12	9	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
7	6/19	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
8	6/26	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
9	7/3	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
10	7/10	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
11	7/17	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
12	7/24	14	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
13	7/31	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
14	8/7	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest



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Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
15	8/14	16	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
16	8/21	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
17	8/28	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
18	9/4	18	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
19	9/11	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
20	9/18	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
21	9/25	20	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
22	10/2	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
23	10/9	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
24	10/16	22	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
25	10/23	10	Walk 30min	Easy 3 miles	Cross-train 45-60min	Easy 3 miles	Cross-train 45-60min	Rest
26	10/30	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest
27	11/6	Rest	Race Day	Walk 3 miles Medal Monday	Rest	Walk 4miles	Swim	Rest
28	11/13	3-4(B) 6-8(A) Slow!	Rest	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!				