



TRAINING SCHEDULE FOR:
Los Angeles Marathon
March 19, 2023

Week	Date	Sat Miles	Sun	Mon	Tue	Wed	Thur	Fri
1	9/17	4	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
2	9/24	5	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
3	10/1	6	Walk 30min	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
4	10/8	7	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
5	10/15	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
6	10/22	9	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
7	10/29	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
8	11/6	8	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
9	11/12	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
10	11/19	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
11	11/26	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
12	12/3	14	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
13	12/10	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
14	12/17	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	12/24	16	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
16	12/31	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
17	1/7	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
18	1/14	18	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
19	1/21	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
20	1/28	11	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
21	2/4	20	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
22	2/11	10	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
23	2/18	12	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
24	2/25	22	Trail Run/Walk	Speed Work	Cross-train 45-60min	Hill Repeats	Cross-train 45-60min	Rest
25	3/4	10	Walk 30min	Easy 3 miles	Cross-train 45-60min	Easy 3 miles	Cross-train 45-60min	Rest
26	3/11	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest
27	3/18	Rest	Race Day	Walk 3 miles Medal Monday	Rest	Walk 4miles	Swim	Rest
28	3/25	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!				