

TRAINING SCHEDULE FOR: Los Angeles Marathon March 17, 2024

		Sat						
Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri
				Speed	Cross-train 45	Hill	Cross-train	
1	9/16	4	Walk 30min	Work	60min	Repeats	45-60min	Rest
				Speed	Cross-train 45	Hill	Cross-train	
2	9/23	5	Walk 30min	Work	60min	Repeats	45-60min	Rest
				Speed	Cross-train 45	Hill	Cross-train	
3	9/30	6	Walk 30min	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
4	10/7	8	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
5	10/14	8	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
6	10/21	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
7	10/28	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
8	11/4	8	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
9	11/11	12	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
10	11/18	10*	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
11	11/25	10	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	Hill	Cross-train	
12	12/2	14	Run/Walk	Work	60min	Repeats	45-60min	Rest
			Trail	Speed	Cross-train 45	·	Cross-train	
13	12/9	10*	Run/Walk	Work	60min	Repeats	45-60min	Rest
	-		Trail	Speed	Cross-train 45	·	Cross-train	
14	12/16	10	Run/Walk	Work	60min	Repeats	45-60min	Rest



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		Sat								
Week	Date	Miles	Sun	Mon	Tue	Wed	Thur	Fri		
			Trail	Spood	Cross-train 45-	LISH	Cross-train			
15	12/23	16	Run/Walk	Speed Work	60min	Repeats	45-60min	Rest		
13	12/23	10	·	WOIK		·	43-00111111	itest		
			Trail	Speed	Cross-train 45-		Cross-train			
16	12/30	10*	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			Trail	Speed	Cross-train 45-	Hill	Cross-train			
17	1/6	12	Run/Walk	Work	60min	Repeats	45-60min	Rest		
			Trail	Speed	Cross-train 45-	LI:II	Cross-train			
18	1/13	18	Run/Walk	Work	60min	Repeats	45-60min	Rest		
10	1,13	10* (4 if doing Rose Bowl	Trail	Speed	Cross-train 45	·	Cross-train	nest		
19	1/20	Half)	Run/Walk	Work	60min	Repeats	45-60min	Rest		
20	1/27	42	Trail	Speed	Cross-train 45-		Cross-train	Doot		
20	1/27	12 20 (7 if	Run/Walk	Work	60min	Repeats	45-60min	Rest		
21	2/3	doing	Trail Run/Walk	Speed Work	Cross-train 45- 60min	Hill Repeats	Cross-train 45-60min	Rest		
22	2/10	10	Trail Run/Walk	Speed Work	Cross-train 45- 60min	Hill Repeats	Cross-train 45-60min	Rest		
23	2/17	12	Trail Run/Walk	Speed Work	Cross-train 45-	Hill Repeats	Cross-train 45-60min	Rest		
24	2/24	22	Trail Run/Walk	Speed Work	Cross-train 45- 60min	Hill Repeats	Cross-train 45-60min	Rest		
25	3/2	10	Walk 30min	Easy 3 miles	Cross-train 45- 60min	Easy 3 miles	Cross-train 45-60min	Rest		
26	3/9	8	Walk 30min	Easy 3 miles	Rest	Easy 3 miles	Rest	Rest		
				Walk 3 miles Medal		Walk				
27	3/16	Rest	Race Day	Monday	Rest	4miles	Swim	Rest		
20	2/22	3-4(B) 6-8(A)	Doct	After your marathon, take three weeks of really slow running before resuming training. LISTEN TO YOUR BODY!						
28	3/23	Slow!	Rest		LISTEN	TO TOOK B	יזעטי:			