



# TRAINING PLAN

## LA ROAD RUNNERS – MARATHON TRAINING

### LEVEL 2: 10% INTENSITY



	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> 9/16-9/22	20 MIN EASY 2 MIN T-PACE 20 MIN EASY	DAY OFF	15 MIN EASY 3 MIN R-PACE + 2 MIN EASY <b>X2</b> 5 MIN T-PACE 10 MIN EASY	50 MIN EASY	DAY OFF	3 MILES EASY	STRENGTH
<b>Week 2</b> 9/23-9/29	35 MIN EASY 4 MIN T-PACE 5 MIN EASY	DAY OFF	15 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X2</b> 5 MIN T-PACE 10 MIN EASY	50 MIN EASY	DAY OFF	4 MILES EASY	STRENGTH
<b>Week 3</b> 9/30-10/6	40 MIN EASY 2 MIN T-PACE 5 MIN EASY	DAY OFF	15 MIN EASY 2 MIN T-PACE + 2 MIN HMRP <b>X2</b> 5 MIN T-PACE 10 MIN EASY	50 MIN EASY	DAY OFF	5 MILES EASY	STRENGTH
<b>Week 4</b> 10/7-10/13	40 MIN EASY 3 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 4 MIN T-PACE + 2 MIN HMRP <b>X3</b> 5 MIN EASY	50 MIN EASY	DAY OFF	7 MILES EASY	STRENGTH
<b>Week 5</b> 10/14-10/20 Taper Week	30 MIN EASY	DAY OFF	5 MIN EASY 4 MIN T-PACE + 2 MIN HMRP <b>X2</b> 5 MIN EASY	DAY OFF	DAY OFF	5 MILES EASY	STRENGTH
<b>Week 6</b> 10/21-10/27	20 MIN EASY 5 T-PACE 2 MIN HMRP 20 MIN EASY	DAY OFF	15 MIN EASY 4 MIN T-PACE + 2 MIN HMRP <b>X3</b> 10 MIN EASY	50 MIN EASY	DAY OFF	8 MILES EASY	STRENGTH

# LA ROAD RUNNERS


# LEVEL 2: 10% INTENSITY

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 7</b> 10/28-11/3	15 MIN EASY 4 T-PACE 5 MIN HMRP 10 MIN MRP 15 MIN EASY	DAY OFF	20 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X3</b> 10 MIN EASY	55 MIN EASY	DAY OFF	9 MILES EASY	STRENGTH
<b>Week 8</b> 11/4-11/10	20 MIN EASY 30 MIN MRP 2 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP <b>X3</b> 5 MIN T-PACE 10 MIN EASY	55 MIN EASY	DAY OFF	10 MILES EASY	STRENGTH
<b>Week 9</b> 11/11-11/17 Taper Week	30 MIN EASY	DAY OFF	10 MIN EASY 3 MIN T-PACE + 2 MIN HMRP <b>X3</b> 10 MIN EASY	30 MIN EASY	DAY OFF	5 MILES EASY	STRENGTH
<b>Week 10</b> 11/18-11/24	20 MIN EASY 30 MIN MRP 2 MIN T-PACE 10 MIN EASY	DAY OFF	10 MIN EASY 3 MIN I-PACE + 3 MIN HMRP <b>X3</b> 10 MIN T-PACE 10 MIN EASY	55 MIN EASY	DAY OFF	11 MILES EASY	STRENGTH
<b>Week 11</b> 11/25-12/1	15 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 3:30 MIN I-PACE + 3:30 MIN HMRP <b>X4</b> 10 MIN EASY	50 MIN EASY	DAY OFF	13 MILES EASY	STRENGTH
<b>Week 12</b> 12/2-12/8	15 MIN EASY 15 MIN MRP 6 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 3 MIN HMRP <b>X4</b> 10 MIN EASY	50 MIN EASY	DAY OFF	14 MILES EASY	20 MIN EASY + STRENGTH
<b>Week 13</b> 12/9-12/15 Taper Week	10 MIN EASY 10 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 5 MIN T-PACE + 2 MIN HMRP <b>X3</b> 5 MIN EASY	35 MIN EASY	DAY OFF	7 MILES EASY	STRENGTH

# LA ROAD RUNNERS

# LEVEL 2: 10% INTENSITY

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 14</b> 12/16-12/22	15 MIN EASY 15 MIN MRP 7 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 6 MIN T-PACE + 3 MIN HMRP <b>X4</b> 10 MIN EASY	50 MIN EASY	DAY OFF	15 MILES EASY	20 MIN EASY 10 MIN MRP + STRENGTH
<b>Week 15</b> 12/23-12/29	20 MIN EASY 15 MIN MRP 2 MIN T-PACE 2 MIN WALK <b>X3</b> 15 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP <b>X4</b> 10 MIN EASY	1 HOUR EASY	DAY OFF	16 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH
<b>Week 16</b> 12/30-1/5	10 MIN EASY 20 MIN MRP 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 8 MIN T-PACE + 2 MIN EASY <b>X4</b> 10 MIN EASY	1 HOUR EASY	DAY OFF	17 MILES EASY	5 MIN EASY 40 MIN MRP + STRENGTH
<b>Week 17</b> 1/6-1/12 Taper Week	5 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY <b>2 MILE TIME TRIAL</b> 5 MIN EASY	5 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	6 MILES EASY	10 MIN EASY 10 MIN MRP + STRENGTH
<b>Week 18</b> 1/13-1/19 Race Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY 15 MIN T-PACE 5 MIN EASY	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 <b>RACE DAY</b> <b>HAVE FUN!</b>
<b>Week 19</b> 1/20-1/26	DAY OFF	5 MIN EASY 20 MIN MRP 5 MIN EASY	30 MIN EASY	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP <b>X4</b> 5 MIN EASY	DAY OFF	9 MILES EASY	10 MIN EASY 20 MIN MRP + STRENGTH
<b>Week 20</b> 1/27-2/2	5 MIN EASY 30 MIN MRP 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 9 MIN T-PACE + 2 MIN EASY <b>X4</b> 10 MIN EASY	1:05 HOUR EASY + STRENGTH	DAY OFF	18 MILES EASY	5 MIN EASY 40 MIN MRP

	MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Week 21</b> 2/3-2/9 Taper Week	5 MIN EASY 30 MIN MRP 5 MIN T-PACE 5 MIN EASY	DAY OFF	10 MIN EASY 7 MIN T-PACE + 3 MIN HMRP <b>X2</b> 10 MIN EASY	45 MIN EASY + STRENGTH	DAY OFF	9 MILES EASY	DAY OFF
<b>Week 22</b> 2/10-2/16	10 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	15 MIN EASY 10 MIN T-PACE + 2 MIN EASY <b>X4</b> 15 MIN EASY	1:10 HOUR EASY + STRENGTH	DAY OFF	19 MILES EASY	5 MIN EASY 40 MIN MRP
<b>Week 23</b> 2/17-2/23	20 MIN EASY 30 MIN MRP 10 MIN EASY	DAY OFF	10 MIN EASY 20 MIN T-PACE + 2 MIN EASY <b>X2</b> 15 MIN EASY	1:10 HOUR EASY	DAY OFF	20 MILES EASY	10 MIN EASY 40 MIN MRP + STRENGTH
<b>Week 24</b> 2/24-3/2 Taper Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	5 MIN EASY 40 MIN T-PACE 5 MIN EASY <b>4 X 50M</b> STRIDERS	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	10 MILES EASY	5 MIN EASY 30 MIN MRP + STRENGTH
<b>Week 25</b> 3/3-3/9 Taper Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	10 MIN EASY <b>2 MILE</b> <b>TIME TRIAL</b> 5 MIN EASY <b>4 X 50M</b> STRIDERS	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	6 MILES EASY	5 MIN EASY 30 MIN MRP
<b>Week 26</b> 3/10-3/16 Race Week	10 MIN EASY 20 MIN MRP 5 MIN EASY	DAY OFF	15 MIN EASY 10 MIN T-PACE 5 MIN EASY <b>4 X 50M</b> STRIDERS	5 MIN EASY 20 MIN MRP	DAY OFF	10 MIN MRP	 <b>RACE DAY</b> <b>HAVE FUN!</b>

# CONGRATULATIONS!