



2022 LA MARATHON TRAINING SCHEDULE

By Coach Reggie Thomas
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Base Phase (10 Weeks)

Purpose: Lay a solid foundation of aerobic running to prepare athletes for both the intensity and duration of the full LAM training period. Aerobic running is low heart rate training and is also called **Conversation Pace (CP)**. At this pace, runners should feel that they could run at that pace for a long time and should be able to carry on a conversation. Breathing is very controlled. If your breathing is labored, then you are not in your aerobic zone. This phase is called the “base phase” because you will be laying a solid foundation for the anaerobic workouts later in this program.

Sep 11 (LAM Kickoff)

Saturday – 3 miles

Sep 13-19

Monday – 3 miles

Tuesday – 3 miles

Wednesday – Cross Train or Rest

Thursday – 3 miles

Friday – Rest

Saturday – 4 miles

Sunday – Cross Train or Rest

Sep 20-26

Monday – 3 miles

Tuesday – 3 miles

Wednesday – Cross Train or Rest

Thursday – 3 miles

Friday – Rest

Saturday – 5 miles

Sunday – Cross Train or Rest

Sep 27-Oct 3

Monday – 4 miles

Tuesday – 4 miles

Wednesday – Cross Train or Rest

Thursday – 4 miles

Friday – Rest

Saturday – 6 miles
Sunday – Cross Train or Rest

Oct 4-10

Monday – 4 miles
Tuesday – 5 miles
Wednesday – Cross Train or Rest
Thursday – 4 miles
Friday – Rest
Saturday – 7 miles
Sunday – Cross Train or Rest

Oct 11-17

Monday – 5 miles
Tuesday – 5 miles
Wednesday – Cross Train or Rest
Thursday – 5 miles
Friday – Rest
Saturday - 4 miles (**CUTBACK**)
Sunday – Cross Train or Rest

Oct 18-24

Monday – 5 miles
Tuesday – 5 miles
Wednesday – Cross Train or Rest
Thursday – 5 miles
Friday – Rest
Saturday – 8 miles
Sunday – Cross Train or Rest

Oct 25-31

Monday – 5 miles
Tuesday – 5 miles
Wednesday – Cross Train or Rest
Thursday – 5 miles
Friday – Rest
Saturday – 9 miles
Sunday – Cross Train or Rest

Nov 1-7

Monday – 5 miles
Tuesday – 5 miles
Wednesday – Cross Train or Rest
Thursday – 5
Friday – Rest
Saturday – 10 miles
Sunday – Cross Train or Rest

Nov 8-14

Monday – 5 miles
Tuesday – 5 miles
Wednesday – Cross Train or Rest
Thursday – 5
Friday – Rest
Saturday – 6 miles (**CUTBACK**)
Sunday – Cross Train or Rest

Build Phase 1 (4 Weeks)

Purpose: Ramp up volume and intensity with the focus of Building **STRENGTH** in preparation for faster workouts and longer runs. The purpose of the build phase is to introduce the body to faster-paced training that gets the body used to running a comfortably hard pace that can be sustained for 5-6 miles. Our IERC athletes will have the opportunity of building gradually since we have 27 weeks prior to LAM. This program actually has three (3) build phases which introduces faster running while decreasing the chances of injury.

Nov 15-21

Monday – **Aerobic Run**, 6 miles
Tuesday – **Hill Repeats**, Do 2 mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). Do 1 mile jog to recover.
Wednesday – Cross Train or Rest
Thursday – **Aerobic Run**, 6 miles that include some hills
Friday – Rest
Saturday – **Aerobic Long Run**, 11 miles
Sunday – Cross Train or Rest

Nov 22-28

Monday – **Aerobic Run**, 6 miles
Tuesday – **Hill Repeats**, Do 2 mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). Do 1 mile jog to recover.
Wednesday – Cross Train or Rest
Thursday – **Aerobic Run**, 6 miles that include some hills
Friday – Rest
Saturday – **Aerobic Long Run**, 12 miles
Sunday – Cross Train or Rest

Nov 29-Dec 5

Monday – **Aerobic Run**, 6 miles
Tuesday – **Hill Repeats**, Do 2 mile warm-up at an easy pace. Then do 6 x ½ mile hill repeats on a steep grade of 5-7% (run hard uphill, then jog downhill, and rest 2 minutes before doing next interval). Do 1 mile jog to recover.
Wednesday – Cross Train or Rest
Thursday – **Aerobic Run**, 6 miles that include some hills
Friday – Rest
Saturday – **Aerobic Long Run**, 13 miles **CONGRATS! You ran a half marathon!**

Sunday – Cross Train or Rest

Dec 6-12 (CUTBACK WEEK)

Monday – **Aerobic Run**, 5 miles

Tuesday – **Aerobic Run**, 5 miles

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 5 miles that include some hills

Friday – Rest

Saturday – **Aerobic Long Run**, 8 miles

Sunday – Cross Train or Rest

Build Phase 2 (4 Weeks)

Purpose: Ramp up volume and intensity with the focus of Building **ENDURANCE** in preparation for faster workouts, hitting race pace goal and sustained effort on long runs. In Build phase 2, we focused on strength, which incorporated hill work to build strength in your leg muscles. Phase 2 will focus on endurance. In this phase we will begin to introduce you to running at marathon pace.

Dec 13-19

Monday – **Aerobic Run**, 6 miles

Tuesday – **Aerobic Run + 4 x 50 yard sprints at 10K pace**, 6 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4 and 5, run your sprints as instructed above)

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, 5 miles (1 mile aerobic, 3 miles at race pace, and 1 mile at recovery pace)

Friday – Rest

Saturday – **Aerobic Long Run**, 15 miles

Sunday – Cross Train or Rest

Dec 20-26

Monday – **Aerobic Run**, 6 miles

Tuesday – **Aerobic Run + 4 x 50 yard sprints at 10K pace**, 6 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4 and 5, run your sprints as instructed above)

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, 5 miles (1 mile aerobic, 3 miles at race pace, and 1 mile at recovery pace)

Friday – Rest

Saturday – **Aerobic Long Run**, 8 miles

Sunday – Cross Train or Rest

Dec 27-Jan 2

Monday – **Aerobic Run**, 6 miles

Tuesday – **Aerobic Run + 4 x 50 yard sprints at 10K pace**, 6 miles (Run each mile at aerobic pace, but at the end of miles 2, 3, 4 and 5, run your sprints as instructed above)

Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, 5 miles (1 mile aerobic, 3 miles at race pace, and 1 mile at recovery pace)

Friday – Rest

Saturday – **Aerobic Long Run**, 16 miles

Sunday – Cross Train or Rest

Jan 3-9 (CUTBACK WEEK)

Monday – **Aerobic Run**, 6 miles
Tuesday – **Aerobic Run**, 5 miles
Thursday – **Race Pace Run**, 5 miles (1 mile aerobic, 3 miles at race pace, and 1 mile at recovery pace)
Friday – Rest
Saturday – **Aerobic Long Run**, 6 miles
Sunday – Cross Train or Rest

Build Phase 3 (4 Weeks)

Purpose: Fine tune intensity with the focus of Building **SPEED** by further recruiting fast twitch muscles and improving running efficiency. You have been building by focusing on strength and endurance. In Build Phase 3, we will focus on speed. We will introduce speed work and tempo runs. Both of these workouts train the legs to run fast and these workouts also make marathon pace feel much easier.

Jan 10-16

Monday – **Aerobic Run**, 7 miles
Tuesday – **Speedwork**, Do 2 mile warm-up, **4 x 800s at 10K pace with 2 minutes rest between intervals**, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Tempo Run**, 1 mile warmup, 3 miles at 30 seconds faster than marathon pace, 1 mile cooldown
Friday – Rest
Saturday – **Aerobic Long Run**, 17 miles

Jan 17-23

Monday – **Aerobic Run**, 7 miles
Tuesday – **Speedwork**, Do 2 mile warm-up, **5 x 800s at 10K pace with 2 minutes rest between intervals**, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Tempo Run**, 1 mile warmup, 3 miles at 30 seconds faster than marathon pace, 1 mile cooldown
Friday – Rest
Saturday – **Aerobic Long Run**, 18 miles

Jan 24-30

Monday – **Aerobic Run**, 7 miles
Tuesday – **Speedwork**, Do 2 mile warm-up, **6 x 800s at 10K pace with 2 minutes rest between intervals**, followed by 1 mile recovery jog.
Wednesday – Cross Train or Rest
Thursday – **Tempo Run**, 1 mile warmup, 3 miles at 30 seconds faster than marathon pace, 1 mile cooldown
Friday – Rest
Saturday – **Aerobic Long Run**, 20 miles

Jan 31-Feb 6 (CUTBACK WEEK)

Monday – **Aerobic Run**, 5 miles
Tuesday – **Aerobic Run**, 5 miles
Wednesday – Cross Train or Rest

Thursday – **Race Pace Run**, 3 miles at your race pace (This run should feel somewhat easy to moderate because of speed workouts and tempo runs. This is a test run to test your conditioning.

Friday – Rest

Saturday – **Aerobic Long Run**, 8 miles

Peak Phase (3 Weeks)

Purpose: Fine tune the speed acquired through the build phases by simulating racing. Special attention will be given to how the body uses oxygen, which is called running economy. This is the phase where it all comes together. It is the hardest part of the training so the goal is to NOT kill Coach Reggie. If you can achieve the goals of the runs in the Peak Phase, then you will be ready for LAM.

Feb 7-13

Monday – **Aerobic Run**, 8 miles

Tuesday – **Speedwork:** Do 2 mile warm-up, **6 x 800s @ 10K pace with 2 minute jog in between intervals**, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – **Steady State Tempo Run** (Purpose is to maintain comfortably hard pace for 5 miles). 8 miles includes 2 mile warmup, 5 miles at 15-30 seconds faster than race pace, 1 mile cooldown.

Friday – Rest

Saturday – **Long Run including Race Pace**, 16 miles (10 miles aerobic, 5 miles race pace, 1 mile cool-down)

Sunday – Rest or Cross Train

Feb 14-20

Monday – **Aerobic Run**, 8 miles

Tuesday – **Speedwork:** Do 2 mile warm-up, **7 x 800s @ 10K pace with 2 minute jog in between intervals**, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – **Steady State Tempo Run** (Purpose is to maintain comfortably hard pace for 5 miles). 8 miles includes 2 mile warmup, 5 miles at 15-30 seconds faster than race pace, 1 mile cooldown.

Friday – Rest

Saturday – **Long Run including Race Pace**, 18 miles (12 miles aerobic, 5 miles race pace, 1 mile cool-down)

Sunday – Rest or Cross Train

February 21-27

Monday – **Aerobic Run**, 8 miles

Tuesday – **Speedwork:** Do 2 mile warm-up, **8 x 800s @ 10K pace with 2 minute jog in between intervals**, followed by 1 mile recovery jog.

Wednesday – Cross Train or Rest

Thursday – **Steady State Tempo Run** (Purpose is to maintain comfortably hard pace for 5 miles). 8 miles includes 2 mile warmup, 5 miles at 15-30 seconds faster than race pace, 1 mile cooldown.

Friday – Rest

Saturday – **Long Run including Race Pace**, 20 miles (14 miles aerobic, 5 miles race pace, 1 mile cool-down)

Sunday – Rest or Cross Train

Taper Phase (3 Weeks)

Purpose: Intentionally reduce mileage and volume to allow the body to recover from weeks of accumulated fatigue of training and allow the body to adapt to the training. **REMEMBER: Training is the architect. Recovery is the builder.**

Feb 28-Mar 6

Monday – **Aerobic Run**, 5 miles

Tuesday – **Race Pace Run**, 5 miles, (1 mile aerobic, 3 miles race pace and 1 mile aerobic)

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 5 miles

Friday – Rest

Saturday – **Long Run including Race Pace**, 12 miles (9 miles aerobic, 2 miles race pace, 1 mile cool-down)

Sunday – Rest or Cross Train

March 7-13

Monday – **Aerobic Run**, 4 miles

Tuesday – **Aerobic Run**, 4 miles

Wednesday – Cross Train or Rest

Thursday – **Aerobic Run**, 3 miles

Friday – Rest

Saturday – **Aerobic Run**, 8 miles

Sunday – Rest or Cross Train

Mar 14-20 – RACE WEEK! Focus on your mental game, nutrition, sleep, hydration and stretch every day. Just keep legs loose!

Monday – **Aerobic Run**, 3 miles

Tuesday – **Aerobic Run**, 3 miles

Wednesday – Rest

Thursday – **Aerobic Shakeout Run + 1 Mile at Race Pace**, 3 miles (1 mile aerobic, 1 mile race pace and 1 mile recovery pace)

Friday – **COMPLETE REST**

Saturday – **COMPLETE REST, stretch and focus on race day strategy**

SUNDAY – LA MARATHON (Show Time!!!)