



# A RUNNING EXPERIENCE CLUB



## 2018 LA Marathon Training Schedule

Week #	Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.	Total
1	Nov. 03: 5	0	3	XT	4	2	0	14
2	Nov. 10: 6	0	4	XT	4	2	0	16
3	Nov. 17: 6	0	4	XT	4	3	0	17
4	Nov. 24: 7	0	4	XT	4	3	0	18
5	Dec. 01: 8	0	5	XT	5	3	0	21
6	Dec. 08: 9	0	5	XT	5	3	0	22
7	Dec. 15: 10	0	5	XT	5	3	0	23
8	Dec. 22: 12	0	5	XT	5	3	0	25
9	Dec. 29: 10	0	6	XT	6	3	0	25
10	Jan. 05: 14	0	6	XT	6	3	0	29
11	Jan. 12: 12	0	7	XT	7	3	0	29
12	Jan. 19: 16	0	7	XT	7	3	0	33
13	Jan. 26: 12	0	7	XT	7	3	0	29
14	Feb. 02: 18	0	7	XT	7	3	0	35
15	Feb. 09: 16	0	7	XT	7	3	0	30
16	Feb. 16: 20	0	7	XT	7	3	0	37
17	Feb. 23: 12	0	8	XT	8	3	0	31
18	Mar. 02: 20	0	8	XT	8	3	0	39
19	Mar. 09: 12	0	6	XT	6	3	0	27
20	Mar. 16: 8	0	4	XT	4	3	2	21
21	Mar. 24: 0	<b>LA Marathon!</b>						

Note: Daily numbers are listed in miles. Total = total weekly mileage. All run distances include a 1 mi warm up and 1 mi cool down at jog pace.

Daily runs should be performed at 75-80% effort (not too hard, not too easy – able to carry on a conversation)

XT = Cross-training - swimming, biking, etc. (i.e. - elevated heart rate, low/non-impact)