



# A RUNNING EXPERIENCE CLUB

## 2020 LA Marathon Training Schedule

Sat. - AREC	Sun.	Mon.	Tues.	Wed. - AREC	Thurs.	Fri.
Nov. 02: 5	0	3	XT	5	2	0
Nov. 09: 6	0	4	XT	5	2	0
Nov. 16: 7	0	4	XT	5	3	0
Nov. 23: 10k	0	4	XT	5	3	0
Nov. 30: 10	0	5	XT	6	3	0
Dec. 07: 12	0	5	XT	6	3	0
Dec. 14: 10	0	5	XT	6	3	0
Dec. 21: 14	0	5	XT	6	3	0
Dec. 28: 16	0	6	XT	7	3	0
Jan. 04: 14	0	6	XT	7	3	0
Jan. 11: 18	0	7	XT	7	3	0
Jan. 18: 20	0	7	XT	7	3	0
Jan. 25: 18	0	7	XT	8	3	0
Feb. 02: ½ Mara	0	7	XT	8	3	0
Feb. 08: 20	0	7	XT	8	3	0
Feb. 15: 18	0	7	XT	8	3	0
Feb. 22: 12	0	8	XT	8	3	0
Feb. 29: 8	0	8	XT	4	3	0
Mar. 08:	<b>LA Marathon</b>					

Note: Daily numbers are listed in miles. 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)