

A RUNNING EXPERIENCE CLUB

2021 Los Angeles Marathon Training Program

Welcome to A Running Experience Club's Los Angeles Marathon training program geared towards the event which may take place on Sunday March 21, 2021. We at AREC are committed to providing you with a detailed training program in addition to experienced leadership and advice, motivation, mental preparation and all of the tools necessary to accomplish this courageous goal. And we will have a good time doing it!!

The training runs will commence on **Saturday November 07 at 7:00am** in the parking lot adjacent to the **San Pedro Fish Market** located at 6550 E. Marina Dr. in Long Beach, and will continue every Saturday thereafter at 7:00am until race day, unless otherwise noted on the Special Dates page. Suggested training programs for both full and half marathon distances are outlined on the provided tables with columns for daily and total weekly mileage, and rest days. Our Saturday "long runs" are definitely the most important part of the training, though the remainder of the schedule may be modified as needed to fit any hectic lifestyle.

Participation in the program is only \$35 per individual (or \$55 per household) and includes membership in AREC (covering Jan. - Dec.), a piece of club gear, a monthly newsletter, any organized club runs, race discounts, social events and much more! Membership may be handled online from the club's web site (www.arec-lb.com).

Please be aware that a full marathon (26.2 miles) is really not for the beginning runner. Ideally, one should have been running for at least 3-6 months and be currently running at least 15 miles per week prior to starting this program. If you do not meet this benchmark, you might want to consider training for the half marathon (13.1 miles) instead. If you are unsure, we can discuss your most appropriate option.

For further information regarding the training program or if you have any specific questions, please contact AREC's LA Marathon training coach Dona McBride (562-260-5590, dmcbride@lacs.org). We look forward to assisting you in this potentially life-changing experience!

And don't forget about AREC's year-round Wednesday evening fun run/walk, and Saturday morning trail runs from November through April. Get details from the club's web site (www.arec-lb.com). We hope to see you soon and keep on running! All the best,

The AREC Board of Directors



A RUNNING EXPERIENCE CLUB

2021 LA Marathon Training Schedule

Sat Runs

11/7 = 5

11/14 = 6

11/21 = 7

11/28 = 8

12/5 = 10

12/12 = 12

12/19 = 10

12/26 = 14

01/02 = 16

01/09 = 14

01/16 = 18

01/23 = 16

01/30 = 18

02/06 = 20

02/13 = 16

02/20 = 20

02/27 = 18

03/06 = 12

03/13 = 8

03/21 = LA Marathon!

Note: Weekly runs should take place according to your fitness level, minimally you should run 4 times per week, and one XT cross training day. All runs should include 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)



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2021 1/2 Marathon Training Schedule

Sat Runs

11/7 = 3

11/14 = 4

11/21 = 5

11/28 = 5

12/5 = 6

12/12 = 7

12/19 = 6

12/26 = 8

01/02 = 6

01/09 = 7

01/16 = 8

01/23 = 9

01/30 = 8

02/06 = 10

02/13 = 11

02/20 = 10

02/27 = 12

03/06 = 6

03/13 = 4

03/21 = LA Marathon!

Note: Weekly runs should take place according to your fitness level, minimally you should run 4 times per week, and one XT cross training day. All runs should include 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)

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