

LA ROADRUNNERS TRAINING SCHEDULE - Advanced

Week	Saturday Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0	7-Sep						Kick-Off	
1	14-Sep	Day Off	30 Min. Aerobic Run	30 Min. Aerobic Run	30 Min. Aerobic Run	Day Off	8M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
2	21-Sep	Day Off	35 Min. Aerobic Run	40 Min. Aerobic Run	35 Min. Aerobic Run	30 Min. Aerobic Run	9M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
3	28-Sep	Day Off	40 Min. Aerobic Run	50 Min. Aerobic Run	40 Min. Aerobic Run	Day Off	10M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
4	5-Oct	Day Off	45 Min. Aerobic Run	40 Min. Aerobic Run + 5 x stride	45 Min. Aerobic Run	30 Min. Aerobic Run	8M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
5	12-Oct	Day Off	45 Min. Aerobic Run	45 Min. Aerobic Run + 5 x stride	45 Min. Aerobic Run	Day Off	Marathon Sim 8M+4M @ GMRP	Rest Day or Cross Training
6	19-Oct	Day Off	50 Min. Aerobic Run	50 Min. Aerobic Run + 5 x stride	50 Min. Aerobic Run	30 Min. Aerobic Run	13M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
7	26-Oct	Day Off	40 Min. Aerobic Run	40 Min. Aerobic Run	30 Min. Aerobic Run	Day Off	8M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
8	2-Nov	Day Off	50 Min. Aerobic Run	50 Min. Aerobic Run + 5 x stride	30 Min. Aerobic Run	2M @ GMRP	14M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
9	9-Nov	Day Off	50 Min. Aerobic Run	50 Min. Aerobic Run + 5 x stride	45 Min. Aerobic Run	30 Min. Aerobic Run	Fitness Test 6 miles @ GMRP	Rest Day or Cross Training
10	16-Nov	Day Off	50 Min. Aerobic Run	3 x 4:00 @ AT w/ 3:30 Rec.	30 Min. Aerobic Run	3M @ GMRP	16M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
11	23-Nov	Day Off	50 Min. Aerobic Run	4 x 4:00 @ AT w/ 3:30 Rec.	45 Min. Aerobic Run	30 Min. Aerobic Run	Marathon Sim 10M+6M @ GMRP	Rest Day or Cross Training
12	30-Nov	Day Off	40 Min. Aerobic Run	70 Min. Aerobic Run	30 Min. Aerobic Run	Off Day	10M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
13	7-Dec	Day Off	50 Min. Aerobic Run + 5 x stride	4 x 5:00 @ AT w/ 3:30 Rec.	45 Min. Aerobic Run	30 Min. Aerobic Run	Dodger Hills 3 x loop	Rest Day or Cross Training
14	14-Dec	Day Off	50 Min. Aerobic Run + 5 x stride	4 x 6:00 @ AT w/ 3:00 Rec.	30 Min. Aerobic Run	4M @ GMRP	18M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
15	21-Dec	Day Off	40 Min. Aerobic Run	80 Min. Aerobic Run	30 Min. Aerobic Run	Off Day	12M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
16	28-Dec	Day Off	60 Min. Aerobic Run + 5 x stride	4 x 8:00 @ AT w/ 2:00 Rec.	30 Min. Aerobic Run	5M @ GMRP	18M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
17	4-Jan	Day Off	60 Min. Aerobic Run + 5 x stride	80 Min. easy	45 Min. Aerobic Run	30 Min. Aerobic Run	Fitness Test 10 miles @ GMRP	Rest Day or Cross Training
18	11-Jan	Day Off	60 Min. Aerobic Run + 5 x stride	4 x 9:00 @ AT w/ 2:00 Rec.	30 Min. Aerobic Run	6M @ GMRP	18M @ 45-60 seconds slower than GMRP	Rest Day or Cross Training
19	18-Jan	Day Off	40 Min. Aerobic Run	90 Min. Aerobic Run	30 Min. Aerobic Run	30 Min. Aerobic Run	Dodger Hills 4 x loop	Rest Day or Cross Training
20	25-Jan	Day Off	60 Min. Aerobic Run + 5 x stride	8M @ GMRP	45 Min. Aerobic Run	30 Min. Aerobic Run	20M @ 45-60 seconds slower than MRP	Rest Day or Cross Training
21	1-Feb	Day Off	60 Min. Aerobic Run + 5 x stride	4 x 10:00 @ AT w/ 3:00 Rec.	45 Min. Aerobic Run	30 Min. Aerobic Run	Marathon Sim 10M+6M @ GMRP	Rest Day or Cross Training
22	8-Feb	Day Off	60 Min. Aerobic Run + 5 x stride	3 x 10:00 @ AT w/ 3:00 Rec.	45 Min. Aerobic Run	30 Min. Aerobic Run	Dodger Hills 4 x loop	Rest Day or Cross Training
23	15-Feb	Day Off	60 Min. Aerobic Run + 5 x stride	8M @ GMRP	45 Min. Aerobic Run	30 Min. Aerobic Run	22M @ 45-60 sec plus GMRP	Rest Day or Cross Training
24	22-Feb	Day Off	30 Min. Aerobic Run + 5 x stride	4 x 5:00 @ AT w/ 3:30 Rec.	45 Min. Aerobic Run	30 Min. Aerobic Run	Marathon Sim 10M+4M @ GMRP	Rest Day or Cross Training
25	1-Mar	Day Off	30 Min. Aerobic Run + 5 x stride	6M @ GMRP	50 Min. Aerobic Run	30 Min. Aerobic Run	10M @ 45-60 sec plus GMRP	Rest Day or Cross Training
26	9-Mar	Day Off	30 Min. Aerobic Run + 5 x stride	3M @ GMRP	30 Min. Aerobic Run	Off Day	20 Min. Aerobic Run	ASICS LA Marathon

Terms:

Aerobic runs: Low intensity, conversational pace.

Goal Marathon Race Pace: (GMRP) is the pace you are aiming to sustain for the 2014 ASICS LA Marathon. These workouts start with a 10 min. warm up and end with a 10 min. cool down.

A warm up is an easy run for 10 minutes followed by a few light stretches and a few strides. A cool down is an easy run for 10 minutes after a hard effort.

Marathon Simulation Run (MS): First half segment of run is performed at 45-60 sec/mile slower than GMRP or Aerobic pace, second half segment is performed at Goal Marathon Race Pace.

Long runs (Saturdays): These runs are performed at 45-60 seconds slower per mile than GMRP.

Strides: Gentle sprints. Smooth, relaxed and easy running accelerations lasting about 10-15 seconds or 60-80 yards/meters. Reach a speed of about 80% of max. Rest about 1-2 minutes between strides

45-60 min. Cross Training: This day is intended for non-weight bearing activity being sustained for 45-60 minutes at an easy effort. This day is intended to help with recovery from the long run/walk the day before.

Anaerobic threshold repeats: (AT) These repeats (essentially 1k-2KM in distance) should be performed at approximately 10km race pace. 12-40 minutes of AT work on Tuesdays.

These workouts start with a 15 min. warm up and end with a 15 min. cool down

Run/Walker will increase their run pace only during the Anaerobic Threshold Training workouts on Wednesdays

Fitness Test: 2 mile warm up, 6-10 miles at Goal Marathon Race Pace, 2 miles cool down This test is used to help the athletes place themselves in the optimum training group.