

2025 Los Angeles FULL Marathon

November 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 12K LONG RUN	4	5 EASY 7K EASY RUN	6	7 JUST RUN 8K RUN	8 EASY 9K EASY RUN	9
10 14K LONG RUN	11	12 EASY 7K EASY RUN	13	14 JUST RUN 8K RUN	15	16 EASY 7K EASY RUN
17 16K LONG RUN	18	19 EASY 10K EASY RUN	20	21 STEADY 8K STEADY RUN	22	23 EASY 7K EASY RUN
24 18K LONG RUN	25	26 BUILD 3x3K EZ, Med, Strong	27	28 STEADY 8K STEADY RUN	29 EASY 9K EASY RUN	30 

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December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 16K SPECIAL	2	3 1 HOUR! As far as you can run in 60 minutes	4	5 JUST RUN 10K RUN	6 BUILDUP 2x4K Progress from EZ - Fluid	7
8 20K LONG RUN	9	10 BUILD 3x3K EZ, Med, Strong	11	12 YES! 8K HOLIDAY RUN BURLINGTON	13	14 EASY 8K EASY RUN
15 22K LONG RUN	16	17 1-2 Punch 6 x 1minHD 2minEZ 2minHD 1minEZ	18 EASY 6K EASY RUN	19 LET'S GO! 2x4K Progress from EZ - Fluid	20	21 BQ/PB 8K TEMPO RUN
22 24K LONG RUN	23	24 RUN! Pre-Turkey Run! 8-10K	25	26 TEMPO 8K Tempo Run	27 BQ/PB 8K STEADY RUN	28 EASY 8K EASY RUN
29 16K SPECIAL	30	31 8x90/90 6 x 1minHD 2minEZ 2minHD 1minEZ				




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January 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 BUILDUP 3x3K Progress from EZ - Strong	3 EASY 6K Easy Run	4
5 24K LONG RUN	6	7 1 HOUR! As far as you can run in 60 minutes	8 BQ/PB 9K Easy Run	9 The REID 50 Minutes of Rolling Hills	10	11 TEMPO 6K Tempo Run
12 26K LONG RUN	13	14 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	15	16 STEADY 8K Steady Run	17	18 EASY 5K Easy Run
19 28K LONG RUN	20	21 1-2 Punch 7 x 1minHD 2minEZ 2minHD 1minEZ	22 EASY 6-7K Easy Run	23 HILLS 8 Long Hill Repeats	24	25 BQ/PB 8K Tempo Run
26 16K SPECIAL	27	28 10x90/90 90 sec @ 10K RP 90 sec Easy Jog	29 BQ/PB 1 Hour Run Steady Pace	3 PYLONS 2-3K Plus 3 Sets	31 EASY 6-7K Easy Run	

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February 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 30K LONG RUN	3	4 1 HOUR! As far as you can run in 60 minutes	5 BQ/PB 12K Build by 4K EZ, Med, Med+	6 HILLS 10 Long Hill Repeats	7	8 TEMPO 8K Tempo Run
9 33K LONG RUN	10	11 3,4,5 KICK 3K+2x3,3,4,4,5,5 Min HD then EZ	12	13 PYLONS 4 Sets	14 EASY 8K Easy Run	15 BQ/PB 10K Tempo Run
16 24K LONG RUN	17	18 12x90/90 90 sec @ 10K RP 90 sec Easy Jog	19	20 TEMPO 10K Tempo Run	21 EASY 7K Easy Run	22 TEST Test Marathon Meal & Gear
23 36K LONG RUN	24	25 FLUSH 8-10K Flush out the legs run	26 BQ/PB 2x3200m Track In & Outs	27 TRACK 4x4x400m 3 min b/w sets	28	

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March 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 EASY 9K Easy Run
2 20K LONG RUN	3	4 Race Pace 8x1K @ Target Race Pace	5	6 SPEEDUP 1x8K Progress from EZ to FAST	7	8 EASY 5K Easy Run
9 12K LONG RUN	10	11 GIDDYUP 6K Run with 5 Accelerations	12	13 EASY 7K Easy Run	14	15 JOG+ 5K Easy Run + 3 Accelerations
16 Race Day!	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					