

Twentysixers' 2008-2009 Training Season for 2009 LA Marathon

Week #	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Date	Workout	Date	Workout	Date	Workout	Date	Workout	Date	Workout	Date	Workout	Date	Workout	
1	7/27/2008	1 mile run	7/28/2008	XT	7/29/2008	Run 15 minutes	7/30/2008	XT	7/31/2008	Run 15 minutes	8/1/2008	Run 15 minutes	8/2/2008	Rest Day	Opening Day
2	8/3/2008	2 miles	8/4/2008	XT	8/5/2008	Run 15 minutes	8/6/2008	XT	8/7/2008	Run 15 minutes	8/8/2008	Run 15 minutes	8/9/2008	Rest Day	
3	8/10/2008	3 miles	8/11/2008	XT	8/12/2008	Run 20 minutes	8/13/2008	XT	8/14/2008	Run 20 minutes	8/15/2008	Run 15 minutes	8/16/2008	Rest Day	
4	8/17/2008	4 miles	8/18/2008	XT	8/19/2008	Run 25 minutes	8/20/2008	XT	8/21/2008	Run 20 minutes	8/22/2008	Run 15 minutes	8/23/2008	Rest Day	
5	8/24/2008	5 miles	8/25/2008	XT	8/26/2008	Run 25 minutes	8/27/2008	XT	8/28/2008	Run 20 minutes	8/29/2008	Run 20 minutes	8/30/2008	Rest Day	
6	8/31/2008	6 miles	9/1/2008	XT	9/2/2008	Run 25 minutes	9/3/2008	XT	9/4/2008	Run 25 minutes	9/5/2008	Run 20 minutes	9/6/2008	Rest Day	
7	9/7/2008	3 miles	9/8/2008	XT	9/9/2008	Run 3 miles	9/10/2008	XT	9/11/2008	Run 3 miles	9/12/2008	Run 20 minutes	9/13/2008	Rest Day	
8	9/14/2008	8 miles	9/15/2008	XT	9/16/2008	Run 3 miles	9/17/2008	XT	9/18/2008	Run 3 miles	9/19/2008	Run 20 minutes	9/20/2008	Rest Day	Grand Canyon Trip
9	9/21/2008	4 miles	9/22/2008	XT	9/23/2008	Run 3 miles	9/24/2008	XT	9/25/2008	Run 3 miles	9/26/2008	Run 3 miles	9/27/2008	Rest Day	
10	9/28/2008	10 miles	9/29/2008	XT	9/30/2008	Run 3 miles	10/1/2008	XT	10/2/2008	Run 3 miles	10/3/2008	Run 3 miles	10/4/2008	Rest Day	
11	10/5/2008	5 miles	10/6/2008	XT	10/7/2008	Run 4 miles	10/8/2008	XT	10/9/2008	Run 3 miles	10/10/2008	Run 3 miles	10/11/2008	Rest Day	Mud Run on October 18th
12	10/12/2008	12 miles	10/13/2008	XT	10/14/2008	Run 4 miles	10/15/2008	XT	10/16/2008	Run 3 miles	10/17/2008	Run 3 miles	10/18/2008	Rest Day	Long Beach Marathon/Half Marathon, October 12th
13	10/19/2008	6 miles	10/20/2008	XT	10/21/2008	Run 4 miles	10/22/2008	XT	10/23/2008	Run 4 miles	10/24/2008	Run 3 miles	10/25/2008	Rest Day	
14	10/26/2008	14 miles	10/27/2008	XT	10/28/2008	Run 4 miles	10/29/2008	XT	10/30/2008	Run 4 miles	10/31/2008	Run 3 miles	11/1/2008	Rest Day	
15	11/2/2008	7 miles	11/3/2008	XT	11/4/2008	Run 4 miles	11/5/2008	XT	11/6/2008	Run 4 miles	11/7/2008	Run 4 miles	11/8/2008	Rest Day	
16	11/9/2008	16 miles	11/10/2008	XT	11/11/2008	Run 4 miles	11/12/2008	XT	11/13/2008	Run 4 miles	11/14/2008	Run 4 miles	11/15/2008	Rest Day	
17	11/16/2008	8 miles	11/17/2008	XT	11/18/2008	Run 5 miles	11/19/2008	XT	11/20/2008	Run 4 miles	11/21/2008	Run 4 miles	11/22/2008	Rest Day	Pasadena Marathon, November 16th
18	11/23/2008	18 miles	11/24/2008	XT	11/25/2008	Run 5 miles	11/26/2008	XT	11/27/2008	Run 4 miles	11/28/2008	Run 4 miles	11/29/2008	Rest Day	Thanksgiving, November 27th
19	11/30/2008	9 miles	12/1/2008	XT	12/2/2008	Run 5 miles	12/3/2008	XT	12/4/2008	Run 5 miles	12/5/2008	Run 5 miles	12/6/2008	Rest Day	
20	12/7/2008	20 miles	12/8/2008	XT	12/9/2008	Run 5 miles	12/10/2008	XT	12/11/2008	Run 5 miles	12/12/2008	Run 5 miles	12/13/2008	Rest Day	Sacramento Marathon, December 7th
21	12/14/2008	10 miles	12/15/2008	XT	12/16/2008	Run 6 miles	12/17/2008	XT	12/18/2008	Run 5 miles	12/19/2008	Run 5 miles	12/20/2008	Rest Day	
22	12/21/2008	22 miles	12/22/2008	XT	12/23/2008	Run 6 miles	12/24/2008	XT	12/25/2008	Run 5 miles	12/26/2008	Run 5 miles	12/27/2008	Rest Day	Christmas
23	12/28/2008	11 miles	12/29/2008	XT	12/30/2008	Run 6 miles	12/31/2008	XT	1/1/2009	Run 6 miles	1/2/2009	Run 5 miles	1/3/2009	Rest Day	New Years Day
24	1/4/2009	16 miles	1/5/2009	XT	1/6/2009	Run 6 miles	1/7/2009	XT	1/8/2009	Run 6 miles	1/9/2009	Run 6 miles	1/10/2009	Rest Day	
25	1/11/2009	14 miles	1/12/2009	XT	1/13/2009	Run 7 miles	1/14/2009	XT	1/15/2009	Run 7 miles	1/16/2009	Run 6 miles	1/17/2009	Rest Day	
26	1/18/2009	20 miles	1/19/2009	XT	1/20/2009	Run 7 miles	1/21/2009	XT	1/22/2009	Run 7 miles	1/23/2009	Run 6 miles	1/24/2009	Rest Day	
27	1/25/2009	10 miles	1/26/2009	XT	1/27/2009	Run 7 miles	1/28/2009	XT	1/29/2009	Run 7 miles	1/30/2009	Run 7 miles	1/31/2009	Rest Day	
28	2/1/2009	22 miles	2/2/2009	XT	2/3/2009	Run 7 miles	2/4/2009	XT	2/5/2009	Run 7 miles	2/6/2009	Run 7 miles	2/7/2009	Rest Day	Surf City Marathon, February 1st
29	2/8/2009	16 miles	2/9/2009	XT	2/10/2009	Run 7 miles	2/11/2009	XT	2/12/2009	Run 7 miles	2/13/2009	Run 7 miles	2/14/2009	Rest Day	
30	2/15/2009	12 miles	2/16/2009	XT	2/17/2009	Run 7 miles	2/18/2009	XT	2/19/2009	Run 7 miles	2/20/2009	Run 7 miles	2/21/2009	Rest Day	
31	2/22/2009	8 miles	2/23/2009	XT	2/24/2009	Run 7 miles	2/25/2009	XT	2/26/2009	Run 5 miles	2/27/2009	Run 3 miles	2/28/2009	Rest Day	
32	3/1/2009	LA Marathon!	3/2/2009	Walk	3/3/2009	Walk/Run	3/4/2009	XT	3/5/2009	Walk/Run	3/6/2009	Walk/Run	3/7/2009	Rest Day	2009 LA Marathon !!!

Legend:

XT = Swimming, Cycling, Rowing, X-Country Skiing and Weight Training are examples of Cross Training Modalities

Friday's Run is optional, but recommended to improve faster each week of training

Key runs are the Sunday Long Runs and at least one other run during the week to maintain fitness; three runs per week as a minimum to show improvement and four runs a week to really improve while still providing sufficient recovery time each week.

Pacing is important for each run. Typically the longer runs on Sundays are done around 1 to 2 minutes slower than your race pace while the shorter runs during the week are typically done at race pace, slightly below race pace and occasionally faster than race pace. We will be discussing pacing throughout the season so no need to worry too much about your pace.