



LA Marathon 2025 - March 16, 2025

Welcome to the Azusa Pacers LA Marathon Training!

We start our training with eight (8) weeks of base building. We will be gradually increasing our miles and staying at an EASY PACE (EP). Strides will be incorporated in the last two weeks of the base building.

EASY PACE - Also known as Conversation Pace: Aerobic Training Zone. Easy pace is where you can talk while running. EP is also calculated as 1-2 min slower than goal Marathon Pace (MP). EP benefits include learning to efficiently use oxygen, strengthens muscles, adapts tendons, ligaments and joints to the stress of more miles, and promotes an efficient running form.

STRIDES - These are short bursts (20-30 sec) of speed followed by a recovery period (90 sec). 2-4 repetitions to be done during the last mile of an easy run.

Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	10/5	4 miles	Rest or XTraining	3 miles EP	Rest or XTraining	3 miles EP	3 miles EP	Rest or XTraining
2	10/12	5 miles	Rest or XTraining	3 miles EP	Rest or XTraining	3 miles EP	3 miles EP	Rest or XTraining
3	10/19	6 miles	Rest or XTraining	3 miles EP	Rest or XTraining	4 miles EP	3 miles EP	Rest or XTraining
4	10/26	7 miles	Rest or XTraining	3 miles EP	Rest or XTraining	4 miles EP	3 miles EP	Rest or XTraining
5	11/2	8 miles	Rest or XTraining	3 miles EP	Rest or XTraining	5 miles EP	3 miles EP	Rest or XTraining
6	11/9	9 miles	Rest or XTraining	3 miles EP	Rest or XTraining	5 miles EP	4 miles EP	Rest or XTraining
7	11/16	10 miles	Rest or XTraining	3 miles EP+Strides	Rest or XTraining	5 miles EP	4 miles EP+Strides	Rest or XTraining
8	11/23	8 miles	Rest or XTraining	3 miles EP+Strides	Rest or XTraining	5 miles EP	4 miles EP+Strides	Rest or XTraining



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If your marathon goal is to “JUST FINISH”, follow the assigned miles and continue with EP for the remaining 16 weeks.

In the next phase of marathon training we incorporate Interval and Tempo workouts. These workout runs will help improve how your body utilizes oxygen, promotes a more efficient running form, and teaches patience during physical discomfort. When doing these workouts it's recommended to include 1-2 mile Warm Up (WU) and Cool Down (CD).

INTERVAL Tuesdays - Short burst at 80% of max effort. How to do “2 x 800m (400RI)” interval workout: After a warm up, perform 800 meters at the recommended Interval Pace and follow this with a 400 meters Recovery Interval (RI). A recovery interval is a slow jog or walk. Repeat this cycle two (2) times. Follow the workout with a cool down.

TEMPO Thursdays - Sustained run for a specific distance at an even pace. How to do “2 mi TP” tempo workout: after a warm up, complete 2 miles at recommended TP. Finish with a cool down.

LONG RUN - Look to complete the long run with a “FAST FINISH.” Practice starting your long runs slower to help conserve energy. Gradually increase your pace as you progress through the miles. This is a good strategy to practice for race day.

Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
9	11/30	10 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 4 x 800m (400RI) 1.5 CD	3 miles EP	4 miles: 1 WU 2 mi TP 1 CD	Rest or XTraining
10	12/7	12 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 3 x 1000m (400RI) 1.5 CD	3 miles EP	4 miles: 1 WU 2 mi TP 1 CD	Rest or XTraining
11	12/14	10 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 3 x 1200m (400RI) 1 CD	3 miles EP	5 miles: 1 WU 3 mi TP 1 CD	Rest or XTraining
12	12/21	12 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 5 x 800m (400RI) 1 CD	3 miles EP	6 miles: 1 WU 4 mi TP 1 CD	Rest or XTraining



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Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
13	12/28	13 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1.5 WU 4 x 1000m (400 RI) 1 CD	5 miles EP	6 miles: 1 WU 4 mi TP 1 CD	Rest or XTraining
14	1/4	14 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 4 x 1200m (400RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
15	1/11	12 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 6 x 800m (400RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
16	1/18	15 miles	Rest or XTraining	3 miles EP+Strides	5 miles: 1 WU 5 x 1000m (400 RI) 1 CD	5 miles EP	8 miles: 1 WU 6 mi TP 1 CD	Rest or XTraining
17	1/25	16 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 4 x 1200m (400RI) 1 CD	5 miles EP	8 miles: 1 WU 6 mi TP 1 CD	Rest or XTraining
18	2/1	12 miles	Rest or XTraining	3 miles EP+Strides	7 miles: 1 WU 7 x 800m (400RI) 1 CD	5 miles EP	10 miles: 1 WU 8 mi TP 1 CD	Rest or XTraining
19	2/8	18 miles	Rest or XTraining	3 miles EP+Strides	5 miles: 1 WU 5 x 1000m (400 RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
20	2/15	13 miles	Rest or XTraining	3 miles EP+Strides	7 miles: 1 WU 10 x 400m (400RI) 1 CD	5 miles EP	10 miles: 1 WU 8 mi TP 1 CD	Rest or XTraining



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Week	Date	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
21	2/22	20 miles	Rest or XTraining	3 miles EP+Strides	8 miles: 1 WU 8 x 800m (400RI) 1 CD	5 miles EP	7 miles: 1 WU 5 mi TP 1 CD	Rest or XTraining
22	3/1	13 miles	Rest or XTraining	3 miles EP+Strides	6 miles: 1 WU 5 x 1000m (400RI) 1 CD	3 miles EP	5 miles: 1 WU 3 mi TP 1 CD	Rest or XTraining
23	3/18	8 miles	Rest or XTraining	3 miles EP+Strides	5 miles: 1 WU 6 x 400m (400RI) 1 CD	3 miles EP	5 miles: 1 WU 3 mi TP 1 CD	Rest or XTraining
24	3/15	3 miles / Rest	3/16 LAM	Rest or XTraining	Rest or XTraining	Rest or XTraining	Rest or XTraining	Rest or XTraining

CROSS TRAINING (XTraining) = Walking, Cycling, Swimming, or doing something besides running. Keep a moderate effort and keep them shorter than an hour.

TIME GOAL - For a specific marathon time goal see the recommended Interval Pace (IP) and Tempo Pace (TP) chart:

Pace Chart							
GOAL	3:50	4:15	4:30	4:45	5:00	5:15	5:30
Marathon Pace	8:46	9:44	10:18	10:52	11:27	12:01	12:36
Interval Pace	7:40-8:00	8:30-8:50	9:05-9:25	9:35-10:00	10:00-10:30	10:10-10:40	10:15-10:45
Tempo Pace	8:20-8:45	9:15-9:40	9:50-10:15	10:20-10:45	11:00-11:25	11:30-11:55	12:05-12:30

If you have a time goal that is not listed, reach out for custom training paces.

Enjoy the Miles!
Coach Gerry Carranza
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ROSE BOWL HALF MARATHON – January 19, 2025

WEEK	DATE	SATURDAY MILES	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	10/26	4	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
2	11/2	4	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
3	11/9	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
4	11/16	6	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
5	11/23	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
6	11/30	9	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
7	12/7	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
8	12/14	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
9	12/21	8	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
10	12/28	12	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
11	1/4	10	Walk/Hike	Strength 4miles	Cross-train 45-60 min	Strength 4miles	Cross-train 45-60 min	REST
12	1/11	6	Walk/Hike	3 miles	Cross-train 30 min	3 miles	Cross-train 45-60 min	REST
13	1/18	3 mile Shakeout Run REST	RACE DAY 1/19/25	Walk 30 Min Medal Mon	YOGA	Easy run 30 min	Yoga/Swim	REST

Cross-training = Swim, bike, stretch, walk, yoga, elliptical, etc.



PRE-CONDITIONERS TRAINING PROGRAM

December 7, 2024 – February 22, 2025

WEEK	DATE	SAT Run/Walk	SUN	MON	TUES	WED	THUR	FRI
1	12/7	3 MILES 1minR/5minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
2	12/14	4 MILES 2minR/4minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
3	12/21	4 MILES 3minR/3minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
4	12/28	4 MILES 4minR/2minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
5	1/4	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
6	1/11	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
7	1/18	4 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
8	1/25	4 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
9	2/1	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
10	2/8	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
11	2/15	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
12	2/22	6.2 MILES (10K) 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST

Midweek cross training helps balance your training by engaging different muscles. These workouts can be yoga, biking or weight training. Stretch after your workout when your muscles are warm to help your body recover.



WALKERS TRAINING PROGRAM

December 7, 2024 – February 22, 2025

WK	DATE	SAT	SUN	MON	TUES	WED	THUR	FRI
1	12/7	3 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
2	12/14	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
3	12/21	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
4	12/28	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
5	1/4	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
6	1/11	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
7	1/18	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
8	1/25	4 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
9	2/1	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
10	2/8	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
11	2/15	5 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
12	2/22	6 Miles	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST

Midweek cross training helps balance your training by engaging different muscles. These workouts can be yoga, biking or weight training. Stretch after your workout when your muscles are warm to help your body recover.