

LARR Trainee Pace Self Assessment Tool – Training Weeks 6 Thru 9 (Phase 2)

(for participants who have completed 0, 1 or 2 marathons, lifetime)

These four training weeks contain more foundation building. Use this self assessment to determine your current ability. You may still need to make a pace group adjustment, depending on your readiness level. The weekday training regimen and injury assessment are now critical to determining your future ability in the upcoming phases.

