

# LARR Trainee Pace Self Assessment Tool - Training Weeks 1 Thru 5 (Phase 1)

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

Use your first four training weeks and this self assessment tool to determine your current ability and readiness state. You will begin narrowing down which pace group will work best for the remaining training schedule and LA Marathon race day.

