



**Team RISE**  
**Chicago Half-Marathon - 2017**  
**Pre-Training - Intermediate**

| <b>March</b> | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------|-----|-----|-----|-----|-----|-----|-----|
|              |     |     |     | 1   | 2   | 3   | 4   |
|              | 5   | 6   | 7   | 8   | 9   | 10  | 11  |
|              | 12  | 13  | 14  | 15  | 16  | 17  | 18  |
|              | 19  | 20  | 21  | 22  | 23  | 24  | 25  |
|              | 26  | 27  | 28  | 29  | 30  | 31  |     |

| <b>May</b> | Sun              | Mon         | Tue     | Wed         | Thu     | Fri         | Sat     |
|------------|------------------|-------------|---------|-------------|---------|-------------|---------|
|            | April 30<br>rest | 1<br>cross  | 2<br>3  | 3<br>cross  | 4<br>3  | 5<br>cross  | 6<br>4  |
|            | 7<br>rest        | 8<br>cross  | 9<br>3  | 10<br>cross | 11<br>3 | 12<br>cross | 13<br>4 |
|            | 14<br>rest       | 15<br>cross | 16<br>3 | 17<br>cross | 18<br>3 | 19<br>cross | 20<br>4 |
|            | 21<br>rest       | 22<br>cross | 23<br>3 | 24<br>cross | 25<br>3 | 26<br>cross | 27<br>4 |
|            | 28<br>rest       | 29<br>cross | 30<br>3 | 31<br>cross |         |             |         |

| <b>April</b> | Sun         | Mon         | Tue         | Wed         | Thu         | Fri         | Sat     |
|--------------|-------------|-------------|-------------|-------------|-------------|-------------|---------|
|              |             |             |             |             |             |             | 1       |
|              | 2           | 3           | 4           | 5           | 6           | 7           | 8       |
|              | 9           | 10<br>cross | 11<br>2     | 12<br>cross | 13<br>1     | 14<br>cross | 15<br>4 |
|              | 16<br>rest  | 17<br>cross | 18<br>2     | 19<br>cross | 20<br>1     | 21<br>cross | 22<br>4 |
| 23<br>rest   | 24<br>cross | 25<br>2     | 26<br>cross | 27<br>3     | 28<br>cross | 29<br>4     |         |

| <b>June</b> | Sun         | Mon         | Tue         | Wed         | Thu         | Fri         | Sat     |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------|
|             |             |             |             |             | 1<br>3      | 2<br>cross  | 3<br>4  |
|             | 4<br>rest   | 5<br>cross  | 6<br>3      | 7<br>cross  | 8<br>3      | 9<br>cross  | 10<br>5 |
|             | 11<br>rest  | 12<br>cross | 13<br>3     | 14<br>cross | 15<br>3     | 16<br>cross | 17<br>4 |
|             | 18<br>rest  | 19<br>cross | 20<br>3     | 21<br>cross | 22<br>3     | 23<br>cross | 24<br>5 |
| 25<br>rest  | 26<br>cross | 27<br>3     | 28<br>cross | 29<br>3     | 30<br>cross |             |         |

**Index / Notes:**

cross: Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week. The cross training you select depends on your personal preference. It could be swimming, cycling, walking, some jogging if you are feeling good – or rest if you need it.