



Team RISE
Chicago Marathon - 2017
Pre-Training - Intermediate

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

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

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

June	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 5	2 cross	3 6
	4 rest	5 3	6 5	7 3	8 5	9 cross	10 8

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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.

Yellow: Run at your target marathon pace