



Team RISE  
Chicago Half-Marathon 2017  
Training - Intermediate

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

August	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	July 30 rest	July 31 cross	1 7x400	2 3	3 4	4 cross	5 8
	6 rest	7 cross	8 5	9 3	10 4	11 cross	12 7
	13 rest	14 cross	15 8x400	16 3	17 4.5	18 cross	19 9
	20 rest	21 cross	22 4.5	23 3	24 4.5	25 cross	26 10
	27 rest	28 cross	29 9x400	30 4	31 5		

July	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1 6
	2 rest	3 cross	4 5x400	5 4	6 3	7 cross	8 5
	9 rest	10 cross	11 4	12 3	13 3	14 cross	15 6
	16 rest	17 cross	18 6x400	19 3	20 3.5	21 cross	22 6

September	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 cross	2 9
	3 rest	4 cross	5 5	6 4	7 5	8 cross	9 11
	10 rest	11 cross	12 10x400	13 4	14 5	15 cross	16 12
	17 rest	18 cross	19 3	20 2	21 cross	22 rest	23 Pasta Party
	24 Race Day	25	26	27	28	29	30

Cross: cross-training - easy days that allow you to recover. It could be swimming, cycling, walking, or rest if you need it.

**Yellow:** Run at your target half-marathon pace

Track: Run each 400 meters at 5K pace - with recovery laps in between