



**Team RISE**  
**Chicago Half-Marathon 2017**  
**Training - Novice**

<b>June</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	May 28 rest	May 29 cross	May 30 2	May 31 cross	1 2	2 cross	3 2
	4 rest	5 cross	6 2	7 cross	8 2	9 cross	10 3
	11 rest	12 cross	13 2	14 cross	15 2	16 cross	17 3.5
	18 rest	19 cross	20 3	21 cross	22 3	23 cross	24 3.5
	25 rest	26 cross	27 3	28 cross	29 3	30 cross	

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

<b>July</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1 4
	2 rest	3 cross	4 3	5 2	6 3	7 cross	8 4
	9 rest	10 cross	11 3	12 2	13 3	14 cross	15 4
	16 rest	17 cross	18 3.5	19 2	20 3.5	21 cross	22 4
23 rest	24 cross	25 3.5	26 2	27 3.5	28 cross	29 5	

<b>September</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 cross	2 9
	3 rest	4 cross	5 5	6 3	7 5	8 cross	9 9
	10 rest	11 cross	12 5	13 3	14 5	15 cross	16 10
	17 rest	18 cross	19 4	20 3	21 2	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.**