



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

<b>June</b>	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
	11 rest	12 3	13 5	14 3	15 5	16 cross	17 9
	18 rest	19 3	20 5	21 3	22 5	23 cross	24 6
	25 rest	26 3	27 6	28 3	29 6	1 cross	

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

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

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

**Notes:**  
**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 marathon pace

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