



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

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

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

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

| September | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------|-------------------|-------------------|----------------|-----------------|----------------|--------------------|-----------------|
| | | | | | | 1 cross | 2 18 |
| | 3 rest | 4 rest | 5 5 | 6 9 | 7 5 | 8 cross | 9 14 |
| | 10 rest | 11 rest | 12 5 | 13 10 | 14 5 | 15 cross | 16 20 |
| | 17 rest | 18 rest | 19 4 | 20 8 | 21 5 | 22 cross | 23 12 |

| | | | | | | | |
|------------|----------------------|---------------|---------------|------------------|------------------|---------------|-------------------------|
| Oct | Oct 1 rest | 2 3 | 3 4 | 4 rest | 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.