



Team RISE
Chicago Rock 'n' Roll Half Marathon
July 16, 2017 - Novice

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

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

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

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

s&s: stretch & strength work
cross: cross-training