



**Team RISE
Chicago Half-Marathon - 2018
Pre-Training - Intermediate**

March	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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

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

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

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

Index / Notes:

cross: Cross-training days should be considered easy days that allow you to recover from the running you do the rest of the week. The cross training you select depends on your personal preference. It could be swimming, cycling, walking, some jogging if you are feeling good – or rest if you need it.