



Team RISE
Chicago Half-Marathon - 2018
Pre-Training - Novice

| 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 1.5 | 2 cross | 3 1.5 | 4 cross | 5 2.5 |
| | 6 rest | 7 cross | 8 2 | 9 cross | 10 2 | 11 cross | 12 2 |
| | 13 rest | 14 cross | 15 2 | 16 cross | 17 2 | 18 cross | 19 3 |
| | 20 rest | 21 cross | 22 2 | 23 cross | 24 2 | 25 cross | 26 3 |
| | 27 rest | 28 cross | 29 2 | 30 cross | 31 2 | | |

| April | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------|-------------------|--------------|------------|--------------|------------|--------------|------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 8 | cross | 1 | cross | 1 | cross | 2 |
| | 15 rest | cross | 1 | cross | 1 | cross | 2 |
| | 22 rest | cross | 1.5 | cross | 1.5 | cross | 2.5 |
| | 29 rest | cross | | | | | |

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

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.