



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

March	Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2	3
	4	5	6	7	8	9	10
	11	cross	4	cross	4	cross	4
	rest	cross	4	cross	4	cross	4
	rest	cross	4	cross	4	cross	4

May	Sun	Mon	Tue	Wed	Thu	Fri	Sat
			4	cross	5	cross	5
	rest	cross	4	cross	5	cross	6
	rest	cross	4	cross	5	cross	5
	rest	cross	4	cross	5	cross	7
	rest	cross	4	cross	5		

April	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	rest	cross	4	cross	4	cross	5
	rest	cross	4	cross	4	cross	5
	rest	cross	4	cross	5	cross	5
	rest	cross	4	cross	5	cross	4

June	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						cross	6
	rest	3	5	3	5	cross	8

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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.

Yellow: Run at your target marathon pace