



Team RISE Chicago Half-Marathon - 2018 Training - Intermediate

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	

August	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 3	2 9	3 cross	4 8
	5 rest	6 cross	7 5	8 3	9 4	10 cross	11 7
	12 rest	13 cross	14 8x400	15 3	16 4.5	17 cross	18 9
	19 rest	20 cross	21 4.5	22 3	23 4.5	24 cross	25 10
26 rest	27 cross	28 9x400	29 4	30 5	31 cross		

July	Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 rest	2 cross	3 5x400	4 4	5 3	6 cross	7 5
	8 rest	9 cross	10 4	11 3	12 3	13 cross	14 6
	15 rest	16 cross	17 6x400	18 3	19 3.5	20 cross	21 6
	22 rest	23 cross	24 4	25 3	26 3.5	27 cross	28 7
29 rest	30 cross	31 7x400					

September	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1 9
	2 rest	3 cross	4 5	5 4	6 5	7 cross	8 11
	9 rest	10 cross	11 10x400	12 4	13 5	14 cross	15 2
	16 rest	17 cross	18 3	19 2	20 cross	21 rest	22 Pasta Party
23 Race Day	24	25	26	27	28	29	

Cross: cross-training - easy days that allow you to recover. It could be swimming, cycling, walking, or rest if you need it.

Yellow: Run at your target half-marathon pace

Track: Run each 400 meters at 5K pace - with recovery laps in between