



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

<b>June</b>	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	

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

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

<b>September</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							1 9
	2 rest	3 cross	4 5	5 3	6 5	7 cross	8 9
	9 rest	10 cross	11 5	12 3	13 5	14 cross	15 10
	16 rest	17 cross	18 4	19 3	20 2	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.**