



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

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

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

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

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

Notes:
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 marathon pace

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