



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

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

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

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

September	Sun	Mon	Tue	Wed	Thu	Fri	Sat
							¹ 18
	³ rest	⁴ rest	⁵ 5	⁶ 9	⁷ 5	⁸ cross	⁸ 14
	¹⁰ rest	¹¹ rest	¹² 5	¹³ 10	¹⁴ 5	¹⁵ cross	¹⁵ 20
	¹⁷ rest	¹⁸ rest	¹⁹ 4	²⁰ 8	²¹ 5	²² cross	²² 12

Oct	²⁴ rest	²⁵ rest	²⁶ 4	²⁷ 6	²⁸ 3	²⁹ cross	²⁹ 8
	³⁰ rest	Oct 1 3	² 4	³ rest	⁴ rest	⁵ 2	⁶ Pasta Party

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