

RUN CHI 2023



BANK OF AMERICA CHICAGO MARATHON TRAINING PLAN

**NIKE
RUNNING**



PROGRESS MAKES PERFECT

WELCOME TO THE 2023 BANK OF AMERICA CHICAGO MARATHON.

This guide is designed to set you up for success. The kind of success you can only get when you're in something together. We're not worried about winning or setting records. We want to show up for you by helping make each run better than the last.

That way, weeks from now when you're finishing your race, we know who's running down the final stretch: you. Not the you reading this right now, but the best you. The you who is part of our Nike Run Club.

Getting there starts now.
Let's get there together.

WE'LL GUIDE YOU THROUGH IT

Download and run with the Nike Run Club App and this 18-week Audio Guided Run Marathon Training Program to coach yourself across the finish line.



BEFORE THE STARTING LINE

THIS 18-WEEK TRAINING COURSE IS DESIGNED TO HELP IMPROVE YOUR SPEED, ENDURANCE, AND RECOVERY WHILE STAYING MOTIVATED FOR THE BANK OF AMERICA CHICAGO MARATHON. IT IS FLEXIBLE FOR ANY EXPERIENCE LEVEL.

REMEMBER IT'S NOT JUST ABOUT RUNNING

This isn't a sprint. It's an investment in your body and mind. Let's plan to ensure it pays off. Over the next four months, you'll have the opportunity to run with the best Nike athletes and coaches on Nike Audio Guided Runs. The more you listen, the more you'll learn.

Running isn't just about us. It's also about helping our fellow runners find their stride. We're here to help you on your marathon journey, with options for speed, recovery, and long runs, accompanied by words of motivation and inspiration. If you'd rather put on your playlist and get in the zone, there's no stopping you. There is no wrong way to train. We just want to make you a smarter runner—because that makes you a better runner.

Once you get started, this guide will help you materialize your efforts so you're at your peak on race day. Just remember to stretch. On your mark.



FIRST, FIND YOUR RHYTHM.

Life can get unpredictable. Your schedule might change. The weather will change. And some days you might just not be feeling it. Just keep these two things in mind if you need to alter your new routine:

- One, Speed Runs and Long Runs are essential. If you want to maximize your training, we have to work on both.

- Secondly, you have three Recovery Days and two Rest Days. Use them. Your body and mind will thank you. They'll help you space out Speed Runs and Long Runs as your body builds up to marathon. Once you have the proper pace of training set, you're off to the races.

READY WHEN YOU ARE

This plan was designed around an 18-week schedule, the optimal length of training regardless of experience level.

If you don't have that much time before your race, it can be adjusted to get you up to speed in 12 weeks. For your own comfort and to establish good habits, we do not recommend a training program any shorter than that.

THE TEAM BEHIND YOUR TRAINING

Each week you will have five runs. There will be an option to use a Nike Audio Guided Run for Recovery, Speed, and most Long Runs during your entire training program. The app will also record your runs, track your progress, and periodically send you words of encouragement from the running community.

Additionally, if you would like to add cross training to your schedule, you can use the Nike Training Club app.



ONE WEEK AT A TIME

THIS PLAN INCLUDES THREE TYPES OF WORKOUT ACTIVITIES FOR EACH WEEK OF TRAINING AND TO SHOW MEASURABLE PROGRESS THROUGHOUT. ALL THREE ARE IMPORTANT TO GET THE FITTEST, STRONGEST AND FASTEST VERSION OF YOU TO THE FINISH LINE.

SPEED RUNS

Getting your best time takes time. The speed workouts and drills throughout the plan will make you faster and stronger. A number of different exercises including long and short intervals, fartlek, hill workouts, and tempo runs will keep you moving throughout.

LONG RUNS

Endurance is everything. To help prepare your body and mind to go the distance, you will work on proper pacing with weekly Long Runs. These important exercises also help you get familiar with the physical and mental challenges that you might face during a race. Always run these at a comfortable pace, and as a Progression Run (See Types of Runs in the Glossary for definition of Progression Run).

RECOVERY RUNS

Regular rest is just as important as regular running. Each week of training includes two recovery runs to help your body recuperate after intense training. Run at an easier pace for a shorter time. These include Audio Guided Runs from Shalane Flanagan and Eliud Kipchoge.

REST DAYS

Recharge, recover, and take time for a mental and physical break. It is essential that you listen to your body as you progress through the training program. And if you just can't sit still for a full day off, try one of the workouts from "Simple Routines For Better Runs" in the NTC App or go for a few easy miles. Sometimes you will need to adjust the program to fit what you need. And yes, that means that sometimes the best speed run or long run will be no run.

HOW TO USE THE PACE CHART

THROUGHOUT THE PLAN, YOU WILL SEE AND HEAR REFERENCES TO DIFFERENT PACES AND EFFORTS YOU SHOULD AIM TO MAINTAIN. KNOWING THESE WILL MAKE YOUR TRAINING EASIER, AND HELP YOU TRACK YOUR PROGRESS.

TREAT EACH PACE TARGET AS THE MIDDLE OF A RANGE. YOU MAY TRAIN SLIGHTLY ABOVE OR BELOW THESE TARGETS; THEY ARE NOT EXACT PACES AND YOU ARE NOT A ROBOT. FOCUS ON BEING THE BEST YOU THAT YOU CAN BE.

YOU WILL HAVE AMPLE GUIDANCE IN EVERY AUDIO GUIDED RUN. BELIEVE IT OR NOT, THE COACHES AND ATHLETES WERE ONCE IN YOUR RUNNING SHOES.

THE CHART ON PAGE 8 WILL HELP YOU UNDERSTAND WHICH PACE YOU SHOULD AIM FOR IN EACH SESSION.



FIND YOUR STARTING PACE

TO GET STARTED, YOU'LL NEED TO IDENTIFY THE PACE TARGETS THAT ARE RIGHT FOR YOU ON THE NEXT PAGE. YOU CAN BASE YOUR PACE ON ANY OF THE FOLLOWING:

- Time from a 5K, 10K, half marathon, or marathon you've run any time over the last two months
- Track a few runs with the Nike Run Club app to determine your average pace. You will base your Recovery Day runs on this time.
- If you already run often, you could make an educated guess based on your current fitness.



PACE CHART

Mile best	5k best/avg mile pace	10k best/avg mile pace	Tempo avg mile pace	Half marathon best/avg mile pace	Marathon best/ avg mile pace	Recovery day pace
5:00	17:05/5:30	35:45/5:45	6:05	1:18/6:00	2:44/ 6:15	7:00
5:30	18:45/6:00	39:00/6:15	6:35	1:25/6:30	3:00/6:50	7:35
6:00	20:15/6:30	42:00/6:45	7:05	1:35/7:15	3:15/7:25	8:10
6:30	22:00/7:05	45:45/7:20	7:40	1:40/7:35	3:30/8:00	8:45
7:00	23:45/7:40	49:00/7:55	8:15	1:50/8:20	3:45/8:35	9:20
7:30	25:15/8:05	52:30/8:25	8:50	1:55/8:45	4:00/9:10	9:55
8:00	27:00/8:40	55:50/9:00	9:25	2:05/9:30	4:15/9:45	10:30
8:30	28:30/9:10	59:00/9:30	9:55	2:10/9:55	4:30/10:15	11:00
9:00	30:00/9:40	62:30/10:00	10:30	2:20/10:40	4:45/10:50	11:35
9:30	31:45/10:15	66:00/10:35	11:00	2:25/11:05	5:00/11:25	12:10
10:00	33:00/10:40	69:00/11:05	11:35	2:35/11:45	5:15/12:00	12:45
10:30	35:00/11:15	72:00/11:35	12:00	2:40/12:10	5:30/12:35	13:20
11:00	36:15/11:40	75:00/12:00	12:35	2:50/12:55	5:40/13:00	13:45
11:30	38:00/12:15	78:30/12:35	13:00	2:55/13:15	5:50/13:20	14:05
12:00	39:30/12:40	81:30/13:05	13:35	3:05/14:05	6:00/13:45	14:30



EXAMPLE 00:01

If your last race was a 27:00 minute 5K, find that time under the 5K column on the Pace Chart and slide across the row left or right to find your other pace targets.

Mile best	5k best/avg mile pace	10k best/avg mile pace	Tempo avg mile pace	Half marathon best/avg mile pace	Marathon best/avg mile pace	Recovery day pace
8:00	27:00/8:40	55:50/9:00	9:25	2:05/9:30	4:15/9:45	10:30

In this case, the pace targets for you are as follows:

Best Mile Pace: 8:00 minutes

5K Average Mile Pace: 8:40 minutes

10K Average Mile Pace: 9:00 minutes

Tempo Pace: 9:25 minutes

Marathon Average Mile Pace: 9:45 minutes

EXAMPLE 00:02

If your last race was a 66:00 10K, find that time under the 10K best/avg mile pace column on the Pace Chart and slide across the row left or right to find your other pace targets.

Mile best	5k best/avg mile pace	10k best/avg mile pace	Tempo avg mile pace	Half marathon best/avg mile pace	Marathon best/avg mile pace	Recovery day pace
9:30	31:45/10:15	66:00/10:35	11:00	2:25/11:05	5:00/11:25	12:10

Here, your pace targets for you are as follows:

Best Mile Pace: 9:30 minutes

5K Average Mile Pace: 10:15 minutes

10K Average Mile Pace: 10:35 minutes

Tempo Pace: 11 minutes

Marathon Average Mile Pace: 11:25 minutes



THINGS TO KEEP IN MIND WHILE KEEPING PACE

ONCE YOU HAVE YOUR RANGE OF PACE TARGETS, IT HELPS TO UNDERSTAND A FEW THINGS ABOUT HOW YOU WILL USE THEM.

- You've heard it before: it's not a sprint. Slow progress is still progress. If you make the effort, you'll see results in the long run.
- When in doubt, be sure to focus on effort. Paces can change due to many factors including fitness, weather, elevation, stress, fatigue, and lack of sleep. Be sure to listen to your body.
- You will have good days and bad days as an athlete. Sometimes you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide. Be flexible with your expectations and don't just focus on the numbers on your phone or watch.
- When this plan is completed and you head out for race day, be confident in all the work you have done. It is that work that will take you to new fitness levels and faster paces. This starting line could be the start of something even bigger.



THE GLOSSARY

BELOW, WE HAVE LISTED THE RUNNING-SPECIFIC TERMS YOU'LL SEE REFERENCED THROUGHOUT THE PLAN.

IT'S IMPORTANT TO UNDERSTAND THE DIFFERENT TYPES OF RUNS YOU'LL BE MAKING OVER THE NEXT 18 WEEKS IN ORDER TO GET THE MOST OUT OF YOUR TRAINING JOURNEY.

AUDIO GUIDED RUN (AGR)

The Nike Run Club app offers a full library of Audio Guided Runs. These runs feature some of our best coaches and athletes to guide, motivate, and inspire you. There will be an option to use a Nike Audio Guided Run for every Recovery Run, Speed Run, and most Long Runs during this 18-week training program.

STRENGTH WORKOUTS

Built for all fitness levels, the Nike Training Club app helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers. NTC provides free workouts for everything from bodyweight-only sessions, invigorating yoga classes, targeted training programs, and full-equipment home workouts.

TYPES OF RUNS

PROGRESSION RUN

Progression Runs improve stamina and allow the body to adapt to the stress of running by building your pace over the course of each run. By starting at a slower pace and finishing faster, you'll average your Recovery Run pace. This progression in speed and effort allows your body to ease into the run and adjust in a natural way. Long and Recovery Runs should be run as Progression Runs.



INTERVALS

Intervals refer to a Speed Run session that includes time to rest. During this type of workout, the distance, duration, pace, effort, and even the recovery time might change, alternating between high and low intensities. Ideally a session like this takes place on a track, but any location that allows you to run freely is suitable.

FARTLEK

Loosely translated from Swedish to “speed play,” Fartlek improves your speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one-minute running easy followed by one-minute of running hard, repeated for a certain amount of minutes, miles or other markers on your course.

HILLS

Hill workouts develop speed, form, and strength with less impact on your legs. Because of the extra effort required, it's important to remain in control of your breathing, slightly tuck your chin towards your chest, and not necessarily run as fast as you can. It's best to use effort as a guide rather than pace when doing a hill workout.

TEMPO RUN

The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable. Run with a hard, but controlled, pace in long intervals or a steady run of 1-10 miles.



TYPE OF PACES

WE'VE DIVIDED OUR PACES INTO FIVE SPEEDS THAT WE'LL REFERENCE THROUGHOUT THE TRAINING PROGRAM.

BEST PACE (10 OUT OF 10 EFFORT)

This is the pace that makes you feel like you are at your best. Sometimes this may mean running your fastest. Sometimes this will mean running easier. The pace and effort you run will be your choice.

MILE PACE (9 OUT OF 10 EFFORT)

This is the pace you could race or run hard for one mile.

5K PACE (7-8 OUT OF 10 EFFORT)

This is the pace you could race or run hard for about three miles.

10K PACE (6-7 OUT OF 10 EFFORT)

This is the pace you could race or run hard for about six miles.

TEMPO PACE (6 OUT OF 10 EFFORT)

This is where your body learns to be comfortable being uncomfortable. Tempo Pace means maintaining a hard pace and effort that is close to 30-35 seconds slower than your 5K pace.

RECOVERY PACE (4-5 OUT OF 10 EFFORT)

A pace easy enough that you can talk or laugh freely while running.



THE IFS

YOU DIDN'T SIGN UP FOR HURDLES. BUT THEY'RE COMING ANYWAY. HERE ARE A FEW THINGS TO KEEP IN MIND FOR THE INEVITABLE CHALLENGES OR QUESTIONS TO COME.

IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE

Then adjust the training schedule to your needs. No training plan should ever be seen as written in stone. For best results, be sure to space out Speed Runs and Long Runs and use Recovery Runs and Rest Days to allow your body to recharge.

IF YOU'RE TIRED

Figure out why. Feeling fatigued is normal, but make sure you're setting yourself up for success: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Remember: resting is just as important as running.

IF YOU LACK MOTIVATION

Look for inspiration. Find it wherever you can, but remember if you are willing to look for motivation that means you've already got some! Be kind and patient with yourself – and the effort and willingness will come.

IF YOU HAVE A TERRIBLE RUN

Move on to the next one. Some runs are just terrible—sometimes there's no reason. Nonetheless, take a moment to see if there is one and maybe learn something about yourself. Being comfortable with a bad run is just as important as the joy of a great one.



IF YOU'RE HURT

Stop running. There is a difference between hurting and being hurt. It's essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future.

IF YOU NEED TO ADJUST THE RECOMMENDED TRAINING

Go for it. Remember, this program is a guide. The training recommended here is meant to serve as a daily starting point. Listen to your body – it will tell you when to push forward, when to pull back, and when to maintain. You know your fitness better than anyone else.

IF YOU ARE GOING TO RACE

You may want to back off in terms of distance or pace a few days prior to the race to get your body and mind ready. And no matter how you finish, be sure to give yourself a few days of rest and recovery after it's over. You've earned it.



2023 BANK OF AMERICA CHICAGO MARATHON TRAINING PLAN

18 WEEKS TO GO

6.5.23-6.11.23

RECOVERY RUN

AGR Ten Minute Run
10:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR 12 Minute Run
12:00 Recovery Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR First Speed Run
Intervals

5:00 Warm Up
8 x 1:00 5K Pace
1:00 Recovery Between Intervals

START THIS GUIDED RUN IN NRC

LONG RUN

AGR Grateful 8K Run
8K/5 Mile Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Running For More:
20:00 Purpose
Recovery Run

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Standing Core



17 WEEKS TO GO

6.12.23-6.18.23

RECOVERY RUN

AGR 15 Minute Run
15:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Twenty Minute Run
20:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Fear Less 5K
5K/3.1 Mile Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR 10K Run
10K/6.2 Mile Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR Next Speed Run
Intervals

5:00	Warm Up
1:00	5K Pace
2:00	10K Pace
1:00	5K Pace
0:45	2 x Mile Pace
2:00	10K Pace
1:00	5K Pace
0:45	Mile Pace
0:30	Best Pace
0:15	Best Pace
1:00	Recovery between all intervals

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Upper Body



16 WEEKS TO GO

6.19.23-6.25.23

RECOVERY RUN

AGR **6K Run**
6K/~3.75 Mile Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Easy Run**
25:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Grateful 5K Run**
5K/3.1 Mile Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR **10K Run**
11.25K/7 Mile Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR **One Hard Two Easy**
Fartlek

5:00 Warm Up
21:00 Fartlek

Alternate between

1:00 Hard Running
2:00 Easy Running for 21:00

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Warm-Up Stretches



15 WEEKS TO GO

6.26.23-7.2.23

RECOVERY RUN

AGR **Running For More:
Connection**
25:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Thirty Minute Run**
30:00 Recovery Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR **Runner Up**
Hill Workout
5:00 Warm Up
45 seconds 10K Effort
15 seconds Best Effort

Interval series should be done 5 x's
Recovery is 1:15 after 10k effort
and 45 seconds after Best Effort

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **A Hot Run**
35:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR **Another 10K Run**
10K/6.2 Mile Run

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Calves & Hamstrings



14 WEEKS TO GO

7.3.23-7.9.23

RECOVERY RUN

AGR	Lunch Run
25:00	Recovery Run

[START THIS GUIDED RUN IN NRC](#)

RECOVERY RUN

AGR	A Rainy Run
45:00	Recovery Run

[START THIS GUIDED RUN IN NRC](#)

RECOVERY RUN

AGR	Running Towards Your Goal with Headspace
40:00	Recovery Run

[START THIS GUIDED RUN IN NRC](#)

LONG RUN

AGR	Eight Mile Run
13K/ Mile	Run

[START THIS GUIDED RUN IN NRC](#)

SPEED RUN

AGR	Speedurance
Intervals	

7:00	Warm Up
3 x 2:00	5K Pace
10:00	Tempo Run
3 x 2:00	5K Pace

Recovery is 1:00 after 5K Pace intervals and 2:00 after Tempo Run

[START THIS GUIDED RUN IN NRC](#)

STRENGTH WORKOUT

[NTC Workout](#) [Warm-Up Stretches](#)



13 WEEKS TO GO

7.10.23-7.16.23

RECOVERY RUN

AGR Running For More:
Success
30:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Recovery Run
with Headspace
35:00 Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR Stronger Faster
Intervals

5:00 Warm Up
3:00 5K Pace
4 x 0:30 Mile Pace

Interval series should be done 3 x's

2:00 Recovery after 5K Pace
1:00 Recovery after Mile Pace

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR A Cold Run
45:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR Ten Mile Run
16K/10 Mile Run

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Posture Primer



12 WEEKS TO GO

7.17.23-7.23.23

RECOVERY RUN

AGR **Just Another Run**
35:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Running in the Dark**
48:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Morning Run with Headspace**
30:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR **15K Run**
15K/9.32 Mile Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR **Tempo Run with Paula Radcliffe**

Tempo Run

7:00 Warm Up
20:00 Tempo Run

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout **Backside Basics**



11 WEEKS TO GO

7.24.23-7.30.23

RECOVERY RUN

AGR **Suckcess Run**
35:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **7K Run**
7K Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **End of the Day Run
with Headspace**
25:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR **20K Run**
20K/12.5 Mile Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR **Triple 7's**
Intervals
5:00 Warm Up
3 x 7:00 5K Pace

Recovery is 2:30 between intervals

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Warm-Up Stretches



10 WEEKS TO GO

7.31.23-8.6.23

RECOVERY RUN

AGR Run with Shalane
45:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Fuel the Run
33:00 with Shalane
Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Running on Empty
32:00 with Headspace
Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR Half Marathon Run
21.1K/13.1 Miles Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR 8K Tempo Run
Tempo Run

2K Warm Up
8K Tempo Run
2K Cool Down

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Cooldown Flow



9 WEEKS TO GO

8.7.23-8.13.23

RECOVERY RUN

AGR **It's OK 5K**
5K/3.1 Miles Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **30 Minute Finish Lines**
30:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Mindful Meters**
60:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR **Two Hour Run**
120:00 Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR **5 x 5 x 10k Pace**
Intervals
5:00 Warm Up
5 x 5:00 10K Pace
2:00 recovery between intervals

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout **Feet & Ankles**



8

WEEKS TO GO

8.14.23-8.20.23

RECOVERY RUN

AGR Run with
Paula Radcliffe

40:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Run with
Lopez Lomong #1

30:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Recovery Run
with **Headspace**

35:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR 25K Run

25K/~15.5 Miles Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR Out Strong Back Fast

Tempo Run

5:00 Warm Up
23:00 Tempo Run
First 12:00 running out
strong and controlled
Last 11:00 running back
progressively faster.

Goal is to cover same
distance out and back

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Lower-Body Vinyasa



7 WEEKS TO GO

8.21.23-8.27.23

RECOVERY RUN

AGR Run with Eliud
60:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Run with
30:00 Lopez Lomong #2
Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR New Morning Run
30:00 with Headspace
Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR 90 Minute Run
90:00 Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR 10K Tempo Run
Tempo Run

1K Warm Up
10K Tempo Run
1K Cool Down
12K Total Distance

START THIS GUIDED RUN IN NRC



6 WEEKS TO GO

8.28.23-9.3.23

RECOVERY RUN

AGR Run with Joanie
65:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Run with Lopez Lomong #3
30:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Breaking Through Barriers with Headspace
31:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR 30K Run
30K/~18.6 Miles Run

SPEED RUN

AGR Long and Strong and Fast

Intervals

5:00 Warmup
8:00 10K Pace
4:00 5K Pace
2:00 Mile Pace

Interval series should be done 3 x's 3:00 recovery after 10K Pace and 2:00 recovery after 5K and Mile Pace intervals

START THIS GUIDED RUN IN NRC



5 WEEKS TO GO
9.4.23-9.10.23

RECOVERY RUN

AGR Run Long
with Evan Jager
75:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Not Motivated Run
with Headspace
25:00 Recovery Run

START THIS GUIDED RUN IN NRC

SPEED RUN

5K Tempo Run

1.5K Warm Up
5K Tempo Run
1.5K Cool Down

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR I Need A Win Run
30:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR 26.2K Dress Rehearsal
26.2K/~16.3 Miles

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Lower-Body Basics



4 WEEKS TO GO
9.11.23-9.17.23

RECOVERY RUN

AGR **Thank You Run**
45:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Grateful 8K Run**
8K Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Whole Run with Headspace**
45:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

Twenty Mile Run
~32.2K/20 Mile Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR **Power Pyramid**

Intervals

5:00 Warm Up
1:00 Mile Pace
5:00 5K Pace
10:00 10k Pace
5:00 5K Pace
1:00 Mile Pace

Recovery is 30 seconds after Mile Pace,
2:30 after 5K pace, 3:00 after 10K pace

START THIS GUIDED RUN IN NRC



3 WEEKS TO GO

9.18.23-9.24.23

RECOVERY RUN

AGR Run Long
with Joanie
80:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Stress Free Run
with Headspace
25:00 Recovery Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR 15K Tempo Run
Tempo Run
1K Warm Up
15K Tempo Run
500m Cool Down
16.5K Total Distance

RECOVERY RUN

AGR Today's 40 Minute Run
40:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR 99 Minutes
59 Seconds Run
99:59 Run

START THIS GUIDED RUN IN NRC



2 WEEKS TO GO
9.25.23-10.1.23

RECOVERY RUN

AGR **Another Thank You Run**
45:00 Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **Celebration Run**
25:00 Recovery Run

START THIS GUIDED RUN IN NRC

SPEED RUN

AGR **In Control**

Intervals

6:00	Warm Up
1:00	Mile Pace
3:00	5K Pace
5:00	10K Pace
7:00	Recovery Run Pace
0:30	recovery after Mile Pace
1:30	recovery after 5K Pace
2:30	recovery after 10K Pace

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR **One Hour Run**
60:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

AGR **Another Ten Mile Run**
16K/10 Mile Run

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Lower Body Favorites



1 WEEK TO GO 10.2.23-10.8.23

RECOVERY RUN

AGR Four Mile Head Starts
~6.5K/4 Mile Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR 15 Minute Head Starts
1.6K/1 Mile Recovery Run

START THIS GUIDED RUN IN NRC

RECOVERY RUN

AGR Big Day Run
with Headspace
25:00 Recovery Run

START THIS GUIDED RUN IN NRC

LONG RUN

2023 Bank of America
Chicago Marathon Race Day
42.2K/26.2 Miles Run

SPEED RUN

AGR Bring It Down
Tempo Run

5:00	Warmup
5:00	Recovery Run Pace
4:00	10K Pace
3:00	5K Pace
2:00	Mile Pace
1:00	Best Pace

This is to be run as a 15:00
Progression Tempo Run

START THIS GUIDED RUN IN NRC

STRENGTH WORKOUT

NTC Workout Runner's Restorative



**2023 BANK OF AMERICA
CHICAGO MARATHON
TRAINING PLAN.**



OCTOBER 8TH 2023

