

# Chicago Marathon Training Plan

October 13, 2013

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN	Total miles
<b>1</b> June 24	Stretch & strengthen	2 m WU w/4x400s	5 m run: easy	3 m run: tempo	Rest	5 m pace	6	22
<b>2</b> July 1	Stretch & strengthen	3 m run w/3xhill	6 m run: easy	3 m run: tempo	Rest	6 m pace	11	29
<b>3</b> July 7	Stretch & strengthen	2 m WU w/5x400s	6 m run: easy	3 m run: tempo	Rest	6 m run	12	30
<b>4</b> July 15	Stretch & strengthen	2 m WU w/4xhill	5 m run: easy	3 m run: tempo	Rest	6 m pace	9	26
<b>5</b> July 22	Stretch & strengthen	2 m WU w/8x400s	7 m run: easy	4 m run: tempo	Rest	7 m pace	14	36
<b>6</b> July 29	Stretch & strengthen	3 m run w/4xhill	7 m run: easy	4 m run: tempo	Rest	7 m pace	15	37
<b>7</b> Aug 5	Stretch & strengthen	2 m WU w/4x800s	8 m run: easy	4 m run: tempo	Rest	8 m pace	17	41
<b>8</b> Aug 12	Stretch & strengthen	4 m run	5 m run: easy	4 m run: tempo	Rest	MAD MINI HALF	Rest	26
<b>9</b> Aug 19	Stretch & strengthen	2 m WU w/6x800s	8 m run: easy	5 m run: tempo	Rest	8 m run	18	44
<b>10</b> Aug 26	Stretch & strengthen	2 m WU w/6xhill	5 m run : easy	5 m run: tempo	Rest	8 m pace	13	33
<b>11</b> Sept 2	Stretch & strengthen	5m run	8 m run: easy	5 m run: tempo	Rest	5 m pace	20	43
<b>12</b> Sept 9	Stretch & strengthen	2 m WU w/7x800s	5 m run: easy	5 m run: tempo	Rest	8 m run	12	35
<b>13</b> Sept 16	Stretch & strengthen	2 m WU w/7xhill	8 m run: easy	5 m run: tempo	Rest	5 m pace	20	43
<b>14</b> Sept 23	Stretch & strengthen	1 m WU w/8x800s	6 m run : easy	5m run : tempo	Rest	4 m pace	12	32
<b>15</b> Sept 30	Stretch & strengthen	2 m WU w/4x400s	5 m run: easy	4 m run: tempo	Rest	3 m pace	8	24
<b>16</b> Oct 7	Stretch & strengthen	3 m run	4 m run: easy	Rest	Rest	2 m run	Marathon	35