

Get Lucky 1/2 Marathon, Chicago 2016 Training Program

Week	Saturday	Sunday	Monday	Tuesday (20 min tempo)	Wednesday	Thursday	Friday
1 Nov 14	7km	Rest	Rest	6km	Rest	5km/Track 400m x 5	Rest
2 Nov 21	8km	Rest	Rest	6km	Rest	5km/ Hill Repeat x 2	Rest
3 Nov 28	9km	Rest	Rest	8km	Rest	5km/30 sec sprints x 5	Rest
4 Dec 5	11km	Rest	Rest	8km	Rest	6km/Track 400m x 7	Rest
5 Dec. 12	9km	Rest	Rest	8km	Rest	6km/Hill Repeat x 3	Rest
6 Dec. 19	13km	Rest	Rest	10km	Rest	6km/45 sec sprints x 6	Rest
7 Dec 26	15km	Rest	Rest	10km	Rest	7km/Track 400m x 9	Rest
8 Jan 2	11km	Rest	Rest	10km	Rest	7km/Hill Repeat x 4	Rest
9 Jan 9	17km	Rest	Rest	10km	Rest	7km/45 sec sprints x 7	Rest
10 Jan. 16	13km	Rest	Rest	10km	Rest	7km/Track 400m x 10	Rest
11 Jan. 23	19km	Rest	Rest	10km	Rest	8km/Hill Repeat x 5	Rest
12 Jan 30	15km	Rest	Rest	10km	Rest	8km/45 sec sprints x 8	Rest
13 Feb 6	21km	Rest	Rest	10km	Rest	8km	Rest
14 Feb. 13	17km	Rest	Rest	10km	Rest	8km	Rest
15 Feb. 20	23km	Rest	Rest	10km	Rest	5km	Rest
16 Feb 27	15km	Rest	Rest	8km	Rest	4-5km	Rest
17 March 5	5km	Rest	Rest	5km	Rest	Easy 5km	Rest
18 Mar. 12	Rest	Race Day Sunday	Rest	Rest	Rest	Easy 5km	Rest