

Chicago Marathon Training Program 2019

(from 10km base)

Week	Saturday	Sunday (Extra Stretch)	Monday (Crosstrain: Yoga/Swimming/Stretch/ Spin/ WT 30-60min)	Tuesday (tempo)	Wednesday (Crosstrain: Yoga/Swimming/Stretch /Spin/WT 30-60 min)	Thursday	Friday (Crosstrain: Yoga/Swimming/S tretch 30-60 min)
1 June 1	10km	Rest		8km 15 min tempo		7km w 400m repeats x 9	
2 June 8	12km	Rest		8km 15 min tempo		7km/hill x 4	
3 June 15	14km	Rest		8km 20 min tempo		8km/400m repeats x 10	
4 June 22	10km	Rest		9km 20 min tempo		8km/hill x 5	
5 June 29	16km	Rest		9km 25 min tempo		8km /400 m repeats x 10	
6 July 6	19km	Rest		9km 25 min tempo		8km/hill x 6	
7 July 13	15km	Rest		10km 30 min tempo		9km/400 m repeats x 10	
8 July 20	22km	Rest		10km 30 min tempo		9km/hill x 7	
9 July 27	25km	Rest		10km 35 min tempo		9km/400 m repeats x 10	
10 Aug 3	20km	Rest		10km 35 min tempo		9km/hill x 8	
11 Aug 10	30km	Rest		10km 40 min tempo		9km/400 m repeats x 10	

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12 Aug 17	20km	Rest		10km 40 min tempo		10km/400m repeat x 10	
13 Aug 24	34km	Rest		10km 45 min tempo		10km/hill x 9	
14 Aug 31	20km	Rest		10km 45 min tempo		10km/400 m repeat x 10	
15 Sept 7	38km	Rest		10km 45 min tempo		10km w hill x 10	
16 Sept 14	20km	Rest		10km 50 min tempo		10km /400m repeats x 10	
17 Sept 21	42km	Rest		10km 50 min tempo		10km	
18 Sept 28	20km	Rest		10km 50 min tempo		10km	
19 Oct 5	10km	Rest		5km Easy		5km Easy	
20 Oct 12	Rest or short shake out jog	Race Day Chicago Marathon		Rest		5km easy or Rest	

Tempo - 15sec faster than race pace

400m Repeats - done at 5km race pace

WT and Spinning - 2x week max, on days after an evening run instead of on a run day (full body workout with light weights and higher number of reps)

Yoga/Swimming/Stretch - 2-3x week think of these as recovery workouts