

Ontario Chicks (36km) 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 /Stretch 30-60 min)	Total Weekly Kms
1 June 1	10km	Rest		8km 15 min tempo		Shelley Special		
2 June 8	12km	Rest		8km 15 min tempo		7km/hill x 3		27
3 June 15	14km	Rest		8km 15 min tempo		Shelley Special		
4 June 22	16km	Rest		9km 20 min tempo		8km/hill x 3		33
5 June 29	18km	Rest		9km 20 min tempo		Shelley Special		
6 July 6	15km	Rest		9km 20 min tempo		8km/hill x 4		32
7 July 13	20km	Rest		10km 25 min tempo		Shelley Special		
8 July 20	22km	Rest		10km 25 min tempo		9km/hill x 5		41
9 July 27	18km	Rest		10km 25 min tempo		Shelley Special		
10 Aug 3	24km	Rest		10km 30 min tempo		9km/hill x 6		43
11 Aug 10	26km	Rest		10km 30 min tempo		Shelley Special		

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12 Aug 17	20km	Rest		10km 30 min tempo		10km/hill x 7		40
13 Aug 24	28km	Rest		10km 35 min tempo		Shelley Special		
14 Aug 31	30km	Rest		10km 35 min tempo		10km w hill x 7		50
15 Sept 7	20km	Rest		10km 35 min tempo		Shelley Special		
16 Sept 14	32km	Rest		10km 40 min tempo		10km w hill x 7		52
17 Sept 21	36km (Niki's 50km Bday Run)	Rest		10km 40 min tempo		10km		56
18 Sept 28	20km	Rest		10km		10km		40
19 Oct 5	10km	Rest		5km Easy		5km Easy		20
20 Oct 12	Rest or short shake out jog	Race Day Chicago Marathon		Rest		5km easy or Rest		

Tempo - 15sec faster than 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