



Glen Ellyn Runners

Marathon Training (Advanced)

Chicago Marathon – Sunday, October 13, 2019

Advanced (Personal Record) Plan

Week	Dates	Mon	Tue	Wed	Thr	Fri	Sat	Sun	Total
1	6/10 - 6/16	3 miles	speed(6)	3 miles	5 miles	Rest	5 miles	10 miles	32 miles
2	6/17 - 6/23	3 miles	speed(5)	3 miles	5 miles	Rest	5 miles	11 miles	32 miles
3	6/24 - 6/30	3 miles	speed(5)	3 miles	6 miles	Rest	6 miles	8 miles	31 miles
4	7/1 - 7/7	3 miles	speed(6/8)	3 miles	6 miles	Rest	6 miles	13 miles	38 miles
5	7/8 - 7/14	3 miles	speed(4)	3 miles	7 miles	Rest	7 miles	14 miles	38 miles
6	7/15 - 7/21	3 miles	speed(6)	3 miles	7 miles	Rest	7 miles	10 miles	36 miles
7	7/22 - 7/28	3 miles	speed(6)	4 miles	8 miles	Rest	8 miles	16 miles	45 miles
8	7/29 - 8/4	3 miles	speed(6)	4 miles	8 miles	Rest	8 miles	17 miles	46 miles
9	8/5 - 8/11	3 miles	speed(6/8)	4 miles	9 miles	Rest	9 miles	12 miles	45 miles
10	8/12 - 8/18	3 miles	speed(5)	4 miles	9 miles	Rest	9 miles	19 miles	49 miles
11	8/19 - 8/25	4 miles	speed(6)	5 miles	10 miles	Rest	10 miles	20 miles	55 miles
12	8/26 - 9/1	4 miles	speed(5)	5 miles	6 miles	Rest	6 miles	12 miles	38 miles
13	9/2 - 9/8	4 miles	speed(7)	5 miles	10 miles	Rest	10 miles	21 miles	57 miles
14	9/9 - 9/15	5 miles	speed(6)	5 miles	6 miles	Rest	6 miles	12 miles	40 miles
15	9/16 - 9/22	5 miles	speed(7/9)	5 miles	10 miles	Rest	10 miles	22 miles	60 miles
16	9/23 - 9/29	5 miles	speed(5)	5 miles	8 miles	Rest	4 miles	12 miles	39 miles
17	9/30 - 10/6	4 miles	speed(4)	4 miles	6 miles	Rest	4 miles	8 miles	30 miles
18	10/7 - 10/13	3 miles	Rest	3 miles	2 miles	Rest	2 miles	Race	36.2 miles