



Glen Ellyn Runners

Marathon Training (Intermediate)

Chicago Marathon – Sunday, October 13, 2019

Intermediate (Previous Marathoner) Plan

Week	Dates	Mon	Tue	Wed	Thr	Fri	Sat	Sun	Total
1	6/10 - 6/16	Rest	3 miles	3 miles	5 miles	Rest	5 miles	8 miles	24 miles
2	6/17 - 6/23	Rest	3 miles	3 miles	5 miles	Rest	5 miles	9 miles	25 miles
3	6/24 - 6/30	Rest	3 miles	3 miles	5 miles	Rest	5 miles	6 miles	22 miles
4	7/1 - 7/7	Rest	3 miles	3 miles	6 miles	Rest	6 miles	11 miles	29 miles
5	7/8 - 7/14	Rest	3 miles	3 miles	6 miles	Rest	6 miles	12 miles	30 miles
6	7/15 - 7/21	Rest	3 miles	3 miles	5 miles	Rest	6 miles	9 miles	26 miles
7	7/22 - 7/28	Rest	4 miles	4 miles	7 miles	Rest	7 miles	14 miles	36 miles
8	7/29 - 8/4	Rest	4 miles	4 miles	7 miles	Rest	7 miles	15 miles	37 miles
9	8/5 - 8/11	Rest	4 miles	4 miles	5 miles	Rest	7 miles	11 miles	31 miles
10	8/12 - 8/18	Rest	4 miles	4 miles	8 miles	Rest	8 miles	17 miles	41 miles
11	8/19 - 8/25	Rest	5 miles	5 miles	8 miles	Rest	8 miles	18 miles	44 miles
12	8/26 - 9/1	Rest	5 miles	5 miles	5 miles	Rest	8 miles	13 miles	36 miles
13	9/2 - 9/8	Rest	5 miles	5 miles	8 miles	Rest	5 miles	20 miles	43 miles
14	9/9 - 9/15	Rest	5 miles	5 miles	5 miles	Rest	8 miles	12 miles	35 miles
15	9/16 - 9/22	Rest	5 miles	5 miles	8 miles	Rest	5 miles	21 miles	44 miles
16	9/23 - 9/29	Rest	5 miles	5 miles	6 miles	Rest	4 miles	12 miles	32 miles
17	9/30 - 10/6	Rest	4 miles	4 miles	5 miles	Rest	3 miles	8 miles	24 miles
18	10/7 - 10/13	Rest	3 miles	3 miles	4 miles	Rest	2 miles	Race	38.2 miles