



# Glen Ellyn Runners

## Marathon Training (Novice)

*Chicago Marathon – Sunday, October 13, 2019*

### *Novice (First-timer) Plan*

<b>Week</b>	<b>Dates</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thr</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>	<b>Total</b>
1	6/10 - 6/16	Rest	3 miles	3 miles	3 miles	Rest	Cross	6 miles	15 miles
2	6/17 - 6/23	Rest	3 miles	3 miles	3 miles	Rest	Cross	7 miles	16 miles
3	6/24 - 6/30	Rest	3 miles	3 miles	4 miles	Rest	Cross	5 miles	15 miles
4	7/1 - 7/7	Rest	3 miles	3 miles	4 miles	Rest	Cross	9 miles	19 miles
5	7/8 - 7/14	Rest	3 miles	3 miles	5 miles	Rest	Cross	10 miles	21 miles
6	7/15 - 7/21	Rest	3 miles	3 miles	5 miles	Rest	Cross	7 miles	18 miles
7	7/22 - 7/28	Rest	3 miles	3 miles	6 miles	Rest	Cross	12 miles	24 miles
8	7/29 - 8/4	Rest	3 miles	3 miles	6 miles	Rest	Cross	13 miles	25 miles
9	8/5 - 8/11	Rest	3 miles	4 miles	7 miles	Rest	Cross	10 miles	24 miles
10	8/12 - 8/18	Rest	3 miles	4 miles	7 miles	Rest	Cross	15 miles	29 miles
11	8/19 - 8/25	Rest	4 miles	4 miles	8 miles	Rest	Cross	16 miles	32 miles
12	8/26 - 9/1	Rest	4 miles	5 miles	8 miles	Rest	Cross	12 miles	29 miles
13	9/2 - 9/8	Rest	4 miles	5 miles	9 miles	Rest	Cross	18 miles	36 miles
14	9/9 - 9/15	Rest	5 miles	5 miles	9 miles	Rest	Cross	14 miles	33 miles
15	9/16 - 9/22	Rest	5 miles	5 miles	10 miles	Rest	Cross	20 miles	40 miles
16	9/23 - 9/29	Rest	5 miles	4 miles	8 miles	Rest	Cross	12 miles	29 miles
17	9/30 - 10/6	Rest	4 miles	3 miles	6 miles	Rest	Cross	8 miles	21 miles
18	10/7 - 10/13	Rest	3 miles	2 miles	4 miles	Rest	Rest	<b>Race</b>	35.2 miles