



# Glen Ellyn Runners

## Marathon Training (Advanced)

*Chicago Marathon – Sunday, October 11, 2020*

### *Advanced (Personal Record) 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	6/8 - 6/14	3 miles	speed(6)	3 miles	5 miles	Rest	5 miles	10 miles	32 miles
2	6/15 – 6/21	3 miles	speed(5)	3 miles	5 miles	Rest	5 miles	11 miles	32 miles
3	6/22 - 6/28	3 miles	speed(5)	3 miles	6 miles	Rest	6 miles	8 miles	31 miles
4	6/29 - 7/5	3 miles	speed(6/8)	3 miles	6 miles	Rest	6 miles	13 miles	38 miles
5	7/6 -7/12	3 miles	speed(4)	3 miles	7 miles	Rest	7 miles	14 miles	38 miles
6	7/13 - 7/19	3 miles	speed(6)	3 miles	7 miles	Rest	7 miles	10 miles	36 miles
7	7/20 – 7/26	3 miles	speed(6)	4 miles	8 miles	Rest	8 miles	16 miles	45 miles
8	7/27 - 8/2	3 miles	speed(6)	4 miles	8 miles	Rest	8 miles	17 miles	46 miles
9	8/3 - 8/9	3 miles	speed(6/8)	4 miles	9 miles	Rest	9 miles	12 miles	45 miles
10	8/10 - 8/16	3 miles	speed(5)	4 miles	9 miles	Rest	9 miles	19 miles	49 miles
11	8/17 - 8/23	4 miles	speed(6)	5 miles	10 miles	Rest	10 miles	20 miles	55 miles
12	8/24 – 8/30	4 miles	speed(5)	5 miles	6 miles	Rest	6 miles	12 miles	38 miles
13	8/31- 9/6	4 miles	speed(7)	5 miles	10 miles	Rest	10 miles	21 miles	57 miles
14	9/7 - 9/13	5 miles	speed(6)	5 miles	6 miles	Rest	6 miles	12 miles	40 miles
15	9/14 – 9/20	5 miles	speed(7/9)	5 miles	10 miles	Rest	10 miles	22 miles	60 miles
16	9/21 - 9/27	5 miles	speed(5)	5 miles	8 miles	Rest	4 miles	12 miles	39 miles
17	9/28 - 10/4	4 miles	speed(4)	4 miles	6 miles	Rest	4 miles	8 miles	30 miles
18	10/5- 10/11	3 miles	Rest	3 miles	2 miles	Rest	2 miles	<b>Race</b>	36.2 miles