



Glen Ellyn Runners

Marathon Training (Novice)

Chicago Marathon – Sunday, October 11, 2020

Novice (First-timer) Plan

Week	Dates	Mon	Tue	Wed	Thr	Fri	Sat	Sun	Total
1	6/8 - 6/14	Rest	3 miles	3 miles	3 miles	Rest	Cross	6 miles	15 miles
2	6/15 – 6/21	Rest	3 miles	3 miles	3 miles	Rest	Cross	7 miles	16 miles
3	6/22 - 6/28	Rest	3 miles	3 miles	4 miles	Rest	Cross	5 miles	15 miles
4	6/29 - 7/5	Rest	3 miles	3 miles	4 miles	Rest	Cross	9 miles	19 miles
5	7/6 -7/12	Rest	3 miles	3 miles	5 miles	Rest	Cross	10 miles	21 miles
6	7/13 - 7/19	Rest	3 miles	3 miles	5 miles	Rest	Cross	7 miles	18 miles
7	7/20 – 7/26	Rest	3 miles	3 miles	6 miles	Rest	Cross	12 miles	24 miles
8	7/27 - 8/2	Rest	3 miles	3 miles	6 miles	Rest	Cross	13 miles	25 miles
9	8/3 - 8/9	Rest	3 miles	4 miles	7 miles	Rest	Cross	10 miles	24 miles
10	8/10 - 8/16	Rest	3 miles	4 miles	7 miles	Rest	Cross	15 miles	29 miles
11	8/17 - 8/23	Rest	4 miles	4 miles	8 miles	Rest	Cross	16 miles	32 miles
12	8/24 – 8/30	Rest	4 miles	5 miles	8 miles	Rest	Cross	12 miles	29 miles
13	8/31- 9/6	Rest	4 miles	5 miles	9 miles	Rest	Cross	18 miles	36 miles
14	9/7 - 9/13	Rest	5 miles	5 miles	9 miles	Rest	Cross	14 miles	33 miles
15	9/14 – 9/20	Rest	5 miles	5 miles	10 miles	Rest	Cross	20 miles	40 miles
16	9/21 - 9/27	Rest	5 miles	4 miles	8 miles	Rest	Cross	12 miles	29 miles
17	9/28 - 10/4	Rest	4 miles	3 miles	6 miles	Rest	Cross	8 miles	21 miles
18	10/5- 10/11	Rest	3 miles	2 miles	4 miles	Rest	Rest	Race	35.2 miles