LEAD FROM THE FRONT
WITH COACH SALAZAR

Bank of America Chicago Marathon

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	*RUN*	*RUN*	*DAY OFF*	*RUN*	*RUN*	*RUN*	*DAY OFF*
1 — 31 miles	**5 miles** — Kick your training off right with a nice and easy 5-mile run.	**6 miles** — You did 5, now how about 6 miles nice and easy?	**Rest** — It's early on, but you should take it easy today so you can come back strong tomorrow.	**7 miles** — It's your lucky day. Run 7 miles easy.	**5 miles** — 5 miles easy. Take it slow and focus on your breathing.	**8 miles** — Keep your momentum going and run 8 miles easy.	**Rest** — Kick back, relax, and enjoy your day off. You earned it.
TOTAL MILEAGE	*RUN*	*RUN*	*RUN*	*RUN*	*DAY OFF*	*LONG RUN*	*RUN*
2 — 46 miles	**6 miles** — We're upping the ante this week, starting with a 6-miler today.	**8 miles** — Outdo your run from yesterday and go 8 miles today.	**6 miles** — Bring it back down to 6 miles. Let do this.	**8 miles** — Back and forth with the distance this week. 8 miles again, this time nice and easy.	**Rest** — You ran the whole week. This day off is well-deserved.	**12 miles** — Now the mileage is starting to climb. Go for 12 miles easy.	**6 miles** — After yesterday, take these 6 miles easy.
TOTAL MILEAGE	*WORKOUT*	*WORKOUT*	*RUN*	*RUN*	*RUN*	*LONG RUN*	*RUN*
3 — 49 miles	**6 miles with Strides** — You're hitting your stride. Run 6-miles plus 8 x 100m strides afterwards. Track workouts are done easiest on a track, but if one isn't available use grass or a flat surface.	**Cross Training** — You could benefit from a day off, but if you need to do something have fun with it and cross train with one of our NTC workouts.	**8 miles** — 8 miles today. Time to prove yourself.	**7 miles** — 7-mile run today, starting at recovery jog pace and progressing each mile until the last mile is at Half Marathon pace.	**8 miles** — 8 miles. Nothing new here. Knock it out and bring on the weekend.	**13 miles** — Your longest run yet. Run 13 miles at an easy pace. Let's go.	**6 miles** — Bring the mileage down to 6 miles today. This is a recovery run, so take it easy and keep the pace manageable.
TOTAL MILEAGE	*TRACK*	*RUN*	*DAY OFF*	*WORKOUT*	*RUN*	*LONG RUN*	*RUN*
4 — 45 miles	**Short Intervals** — Kick off the week with short intervals. Find a track or flat surface, then warm up for 2 miles, followed by 8 x 200m at a 5K pace, then finish with a 2-mile cool down.	**9 miles** — 9 miles today. Time to get it.	**Rest** — Kick your feet up, you've been working hard. Enjoy your day off.	**4-mile Tempo** — It's tempo time. Run 3 miles at Half Marathon pace, take a 3-minute break, then do 1 mile at Half Marathon pace.	**7 miles** — If 7 is your lucky number, today's your lucky day. Run 7 miles, because there's no such thing as luck.	**14 miles** — Double up yesterday's distance. Run 14 miles easy.	**6 miles** — A 6-mile Sunday is the perfect way to cap off the week.
TOTAL MILEAGE	*TRACK*	*RUN*	*RUN*	*WORKOUT*	*DAY OFF*	*LONG RUN*	*WORKOUT*
5 — 46 miles	**Long Intervals** — Warm up for 2 miles followed by 1 mile, 1200m, 1000m, 800m. Run the 1 mile and 1200m at 10k pace, and the 1000m and 800m at a 5k pace with 3-minutes rest betweenreps. Finish it off with a 2-mile cool down.	**8 miles** — Keep it going. Run 8 miles today.	**8 miles** — You did it yesterday, you can do it again today. 8 miles. Go.	**8-mile Tempo** — Time to tempo. Run a 2-mile warm up, 4 miles at Half Marathon pace, then a 2-mile cool down.	**Rest** — Rest up. You'll need it later on.	**15 miles** — Get back in the saddle with 15 miles at an easy pace.	**Cross Training** — Change things up with 30-45 minutes of aerobic activity. Or do your favorite NTC workout.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	*RUN*	*TRACK*	*RUN*	*RUN*	*WORKOUT*	*LONG RUN*	*DAY OFF*
39 miles / **6**	**8 miles** — You've got a race coming up. Go for 8 miles today to get ready for it.	**Short Intervals** — Run a 2-mile warm up, 2 sets of 4 x 400m at 5K pace with 200m jog between reps, and a 400m recovery jog between sets, then do a 2-mile cool down.	**7 miles** — 7 miles is the only thing between you and tomorrow.	**6 miles** — Bump it down a little and go for 6 miles today.	**5 miles with Strides** — Run 5 miles plus 5 x 100m strides at race pace. A track, or any flat or grass surface works well.	**5K or 10K Race** — Show this race you mean business and give it your all.	**Rest** — You raced well. Rest up for next week's strength training.
TOTAL MILEAGE	*RUN*	*WORKOUT*	*RUN*	*WORKOUT*	*DAY OFF*	*LONG RUN*	*RUN*
51 miles / **7**	**8 miles** — You've done this before. Take these 8 miles nice and easy and get on with it.	**9-mile Tempo** — Tuesday tempos. Run a 2-mile warm up, 5 miles at Half Marathon pace, then a 2-mile cool down.	**7 miles** — Today's menu: 7 miles. Order up.	**Hills** — Warm up for a couple miles, then run 10 x 30-second runs up gradual hill with a recovery jog down the hill, then a 2-mile cool down.	**Rest** — Take the day off. You earned it.	**16 miles** — The mileage is starting to get up there. Go for 16 miles, but go easy.	**6 miles** — This 6-miler should feel easy after yesterday's long run.
TOTAL MILEAGE	*TRACK*	*RUN*	*RUN*	*DAY OFF*	*RUN*	*LONG RUN*	*RUN*
53 miles / **8**	**Long Intervals** — Warm up for 2 miles, 4 x 1 mile, starting at 10K pace working your way down to a 5K pace, with 3-minutes rest between sets. Finish with a 2-mile cool down. Find a track and get after it.	**6 miles** — Your old friend, the 6-miler.	**9 miles** — Get over the hump on hump day with a 9-mile run.	**Rest** — It's been a solid five days straight of running. Take the day off and rest your legs.	**7 miles** — Get back to work with a 7-mile run.	**16 miles** — Find your pace. Run 4 miles easy, 8 miles at Marathon pace, 4 miles easy.	**7 miles** — Finish the week off with a nice, little 7-mile run.
TOTAL MILEAGE	*RUN*	*TRACK*	*RUN*	*RUN*	*WORKOUT*	*LONG RUN*	*DAY OFF*
52 miles / **9**	**9 miles** — 9 miles today. Do it up.	**Short Intervals** — Start off the workout with an easy 2-mile warm up. Then run 8 x 200m, starting at 5K effort and working down, with a 200m recovery jog between sets. Finish with a cool down of 2 miles.	**8 miles** — Go for 8 miles today. You got this.	**7 miles** — Keep it going. 7 miles. Go.	**8 miles with Strides** — Kick off the workout with an easy 2-mile warm up. Then run 4 miles plus 4 x 200m strides at race pace. Finish with a cool down of 2 miles. At the track is ideal, grass or flat surface works too.	**Half Marathon Race** — This will be a good gauge to see where you're at. Go hard and leave nothing. 13.1 miles is calling you.	**Rest** — Way to run it yesterday. You've more than earned this off day.
MILEAGE	*RUN*	*RUN*	*WORKOUT*	*RUN*	*RUN*	*WORKOUT*	*DAY OFF*
41 miles / **10**	**8 miles** — This 8-miler is nothing new. Get after it.	**10 miles** — 10 miles has your name on it.	**Cross Training** — Take the day off, or have some fun and mix it up with some cross training.	**6 miles** — Today is short distance. 6 miles. Go.	**8 miles** — 8 miles until the weekend.	**9-mile Tempo** — Run a 2-mile warm up, 5 miles of alternating 800m at Half Marathon pace and 800m at distance run pace, and finish with a 2-mile cool down.	**Rest** — That was a long week. Take a break today. After all, it's Sunday.

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL MILEAGE	RUN	TRACK	RUN	RUN	WORKOUT	DAY OFF	LONG RUN
57 miles	**9 miles**	**Long Intervals**	**6 miles**	**8 miles**	**8-mile Tempo**	**Rest**	**18 miles**
11	9 miles is calling your name. Answer the call.	Do a 2-mile warm up, then run 3 sets of both 1600m and 400m, with the 1600m at 10K pace and the 400m at just faster than 5K pace. Rest 2 minutes between reps and 3 minutes between sets. Finish with a 2-mile cool down.	Knock this 6-miler out. Let's go.	Nothing new here. 8 miles. Get out there and get it done.	Run a 2-mile warm up, 6 miles of alternating 800m at Half Marathon pace and 800m at a steady pace in between distance run and Marathon pace.	Rest up. You've got a long run tomorrow.	Things are getting serious. 18 miles is no joke.
TOTAL MILEAGE	RUN	RUN	RUN	RUN	RUN	LONG RUN	DAY OFF
55 miles	**6 miles**	**9 miles**	**8 miles**	**6 miles**	**6 miles**	**Marathon Pace Run**	**Rest**
12	You don't want to run too far after yesterday. Try going for a 6-mile recovery run.	Let's bump it up a little and go for 9 miles today.	Another run. Another 8 miles. You can do it.	6 miles. Let's go.	Take two: another 6-miler. You got this.	Run 4 miles easy, 12 miles at Marathon pace, 4 miles easy. Way to up the mileage.	This week was intense. Way to get through it. Now rest up so you can do it again next week.
TOTAL MILEAGE	RUN	TRACK	RUN	RUN	WORKOUT	DAY OFF	LONG RUN
49 miles	**6 miles**	**Short Intervals**	**8 miles**	**8 miles**	**8-mile Tempo**	**Rest**	**14 miles**
13	6 miles today. Get after it.	Warm up for 2 miles, then run 8 x 200m at a 5K pace with a 30-second rest, and 4 x 30-second hills with a recovery jog down-hill. Finish with a 2-mile cool down.	No slacking. Make sure you run your 8 miles today.	8 miles. Just like yesterday.	Warm up for 2 miles, then run 4 miles at Half Marathon pace, with a 2-mile cool down.	You're only a few weeks away from the big day. Rest up now so you can give it your all then.	14 miles has your name on it. This is one of your last long runs, so get it done — no excuses.
TOTAL MILEAGE	RUN	TRACK	RUN	RUN	DAY OFF	LONG RUN	RUN
44 miles	**6 miles**	**Long Intervals**	**7 miles**	**7 miles**	**Rest**	**13 miles**	**6 miles**
14	Keep it going and knock out a 6-mile recovery run today.	Run 4 x 1 mile. Start the sets off at Half Marathon and work your way down to a 10K pace. Give yourself 400m recovery jog between sets.	7 miles today. You're in the homestretch.	7 miles. Yes, again. Go.	Take a break today. Your legs could use it.	for 13 miles today. You got this.	Nothing like a nice, short 6-mile run after a long week of training.
TOTAL MILEAGE	RUN	DAY OFF	TRACK	RUN	DAY OFF	WORKOUT	RACE DAY
44 miles	**6 miles**	**Rest**	**Short Intervals**	**5 miles**	**Rest**	**2 miles with Strides**	**Marathon**
15	Kick off your last week of training before the Marathon with another 6-mile run.	It's race week. Take today off to get ready for the big day.	Warm up 2 miles at Marathon pace, then run 4 x 200m at Half Marathon pace with a 200m jog between reps, and finish with a cool down of 2 miles.	5 miles. For old times' sake.	This is your final day off before race day. Enjoy it.	One day left before the race. Stay loose with a 2-mile warm up, with 6 x 100m strides.	You owned this training, so go out there and own this race.