



Chicago 2024 Marathon Training Plan Program 4: Intermediate

4 days of running per week
2 days of strength training per week

Ideal for runners who are motivated to do strength work in addition to running

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Mileage
Week 1: 6/17	5	XT/ST	5	XT/ST		10		27
Week 2: 6/24	5	XT/ST	5	XT/ST		10 - 12		28
Week 3: 7/1	5	XT/ST	5	XT/ST		12		30
Week 4: 7/8	5	XT/ST	5	XT/ST		12 - 14		31
Week 5: 7/15	6	XT/ST	5	XT/ST		10 - 12		32
Week 6: 7/22	4	XT/ST	3 x 800	XT/ST		14 - 16		34
Week 7: 7/29	6	XT/ST	4 x 800	XT/ST		10 - 12		34
Week 8: 8/5	6	XT/ST	5 x 800	XT/ST		16 - 18 - 20		38
Week 9: 8/12	6	XT	5 x 800	XT/ST		10 - 12		36
Week 10: 8/19	6	XT	6 x 800	XT/ST		18 - 20+		40
Week 11: 9/2	6	XT	7 x 800	XT/ST		10 - 12		35
Week 12: 9/9	6	XT	7 x 800	XT/ST		20 - 22		48
Week 13: 9/16	6	XT	8 x 800	XT/ST		14		38
Week 14: 9/23	6	XT	7 x 800	XT/ST		10 - 12		31
Week 15: 9/30	6	XT	4 x 800	XT/ST		8 - 10		29
Week 16: 10/7	4	XT	4	XT/ST	3	2	RACE DAY	

Yasso 800s begin week 6. Do an easy 2 mile warm up, the listed reps above, easy 2 mile cooldown.

Starting Weekly Mileage: 23 miles

Key Runs: hill intervals and & runs

ST: Strength Train

Injury Risk: very low

Highest Mileage Week: 50 miles

Progression: Very gradual

Longest run: 22 miles