



Chicago 2024 Marathon Training Plan

Program 5: Intermediate Plus

4 days of running per week

2 days of strength training per week

1 day of non-impact cardio cross training/intervals

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

Highest Mileage Week: 50 miles

Key Runs: hill intervals and & runs

Progression: Very gradual

ST: Strength Train

Longest run: 22 miles

Injury Risk: very low

For more information, see training guides for specific activities on furey262.com