

CHICAGO 10K

8 WEEK TRAINING PROGRAM

LEVEL 2
BEGINNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 30 MIN.	2.5MI	REST	CROSS TRAIN 40 MIN.	3.0MI
2	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 30 MIN.	2.5MI	REST	CROSS TRAIN 40 MIN.	3.0MI
3	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 35 MIN.	2.5MI	REST	CROSS TRAIN 40 MIN.	4.0MI
4	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 35 MIN.	2.5MI	REST	CROSS TRAIN 40 MIN.	4.0MI
5	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 40 MIN.	2.5MI	REST	CROSS TRAIN 40 MIN.	4.5MI
6	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 40 MIN.	2.5MI	REST	CROSS TRAIN 40 MIN.	5.0MI
7	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 45 MIN.	2.5MI	REST	CROSS TRAIN 40 MIN.	5.0MI
8	STRETCH & STRENGTH	3.0MI	CROSS TRAIN 30 MIN.	2.5MI	REST	REST	RACE