

CHICAGO 10K

8 WEEK TRAINING PROGRAM

LEVEL 3
INTERMEDIATE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3 MI RUN +STRENGTH	3.0MI	35 MIN TEMPO RUN	3 MI RUN +STRENGTH	REST	CROSS TRAIN	4.0MI
2	3 MI RUN +STRENGTH	3.0MI	35 MIN TEMPO RUN	4 MI RUN +STRENGTH	REST	CROSS TRAIN	5.0MI
3	3 MI RUN +STRENGTH	4.0MI	40 MIN TEMPO RUN	3 MI RUN +STRENGTH	REST	CROSS TRAIN	6.0MI
4	3 MI RUN +STRENGTH	4.0MI	40 MIN TEMPO RUN	4 MI RUN +STRENGTH	2.0MI	REST	6.0MI
5	3 MI RUN +STRENGTH	5.0MI	50 MIN TEMPO RUN	3 MI RUN +STRENGTH	REST	CROSS TRAIN	6.0MI
6	3 MI RUN +STRENGTH	5.0MI	50 MIN TEMPO RUN	4 MI RUN +STRENGTH	REST	CROSS TRAIN	7.0MI
7	3 MI RUN +STRENGTH	6.0MI	50 MIN TEMPO RUN	4 MI RUN +STRENGTH	REST	CROSS TRAIN	8.0MI
8	3 MI RUN +STRENGTH	3.0MI	35 MIN TEMPO RUN	1-3MI	REST	REST	RACE