

CHICAGO 10K

8 WEEK TRAINING PROGRAM

LEVEL 4
ADVANCED

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|-----------------------|---------------------|---------------------|-------------------------|-------------------|-------------------|--------------------|
| 1 | 3 MI RUN +STRENGTH | 30 MIN TEMPO RUN | 30 MIN TEMPO RUN | 3 MI RUN +STRENGTH | REST | 5.0 _{MI} | 6.0 _{MI} |
| 2 | 3 MI RUN +STRENGTH | 40 MIN TEMPO RUN | 40 MIN TEMPO RUN | 3.5 MI RUN +STRENGTH | REST | 5.0 _{MI} | 7.0 _{MI} |
| 3 | 3 MI RUN +STRENGTH | 50 MIN TEMPO RUN | 50 MIN TEMPO RUN | 4 MI RUN +STRENGTH | REST | 5.0 _{MI} | 8.0 _{MI} |
| 4 | 3 MI RUN +STRENGTH | 30 MIN TEMPO RUN | 30 MIN TEMPO RUN | 3 MI RUN +STRENGTH | 2.0 _{MI} | REST | 6.0 _{MI} |
| 5 | 3 MI RUN +STRENGTH | 40 MIN TEMPO RUN | 40 MIN TEMPO RUN | 5 MI RUN +STRENGTH | REST | 6.0 _{MI} | 8.0 _{MI} |
| 6 | 3 MI RUN +STRENGTH | 40 MIN TEMPO RUN | 40 MIN TEMPO RUN | 4 MI RUN +STRENGTH | REST | 5.0 _{MI} | 7.0 _{MI} |
| 7 | 3 MI RUN +STRENGTH | 60 MIN TEMPO RUN | 60 MIN TEMPO RUN | 6 MI RUN +STRENGTH | REST | 6.0 _{MI} | 10.0 _{MI} |
| 8 | 3 MI RUN +STRENGTH | 30 MIN TEMPO RUN | 30 MIN TEMPO RUN | 3.0 _{MI} | REST | REST | RACE |