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**2021 CHICAGO HALF MARATHON  
TRAINING GUIDES**



# CHICAGO HALF MARATHON - RUN/WALK TRAINING PLAN

Week	Dates	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	July 5 - July 11	30 min run	Rest	25 min run	Easy Walk	Rest	3 miles	Rest
2	July 12 - July 18	30 min run	Rest	30 min run	Easy Walk	Rest	4 miles	Rest
3	July 19 - July 25	30 min run	Rest	30 min run	Easy Walk	Rest	5 miles	Rest
4	July 26 - Aug 1	30 min run	Rest	30 min run	Easy Walk	Rest	5 miles	Rest
5	Aug 2 - Aug 8	30 min run	Rest	30 min run	Easy Walk	Rest	6 miles	Rest
6	Aug 9 - Aug 15	30 min run	Rest	30 min run	Easy Walk	Rest	<b>5-K Race</b>	Rest
7	Aug 16 - Aug 22	30 min run	Rest	30 min run	Easy Walk	Rest	7 miles	Rest
8	Aug 23 - Aug 29	30 min run	Rest	30 min run	Easy Walk	Rest	8 miles	Rest
9	Aug 30 - Sept 5	30 min run	Rest	30 min run	Easy Walk	Rest	<b>10-K Race</b>	Rest
10	Sept 6 - Sept 12	30 min run	Rest	30 min run	Easy Walk	Rest	10 miles	Rest
11	Sept 13 - Sept 19	30 min run	Rest	30 min run	Easy Walk	Rest	7 miles	Rest
12	Sept 20 - Sept 26	30 min run	Rest	30 min run	Easy Walk	Rest	2 miles	<b>Half Marathon</b>



# CHICAGO HALF MARATHON - NOVICE TRAINING PLAN

Week	Dates	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	July 5 - July 11	3 mi run	2 mi run or cross	3 mi run	Rest	30 min cross	4 mi run	Rest
2	July 12 - July 18	3 mi run	2 mi run or cross	3 mi run	Rest	30 min cross	4 mi run	Rest
3	July 19 - July 25	3.5 mi run	2 mi run or cross	3.5 mi run	Rest	40 min cross	5 mi run	Rest
4	July 26 - Aug 1	3.5 mi run	2 mi run or cross	3.5 mi run	Rest	40 min cross	5 mi run	Rest
5	Aug 2 - Aug 8	4 mi run	2 mi run or cross	4 mi run	Rest	40 min cross	6 mi run	Rest
6	Aug 9 - Aug 15	4 mi run	2 mi run or cross	4 mi run	Rest / easy run	Rest	<b>5-K Race</b>	Rest
7	Aug 16 - Aug 22	4.5 mi run	3 mi run or cross	4.5 mi run	Rest	50 min cross	7 mi run	Rest
8	Aug 23 - Aug 29	4.5 mi run	3 mi run or cross	4.5 mi run	Rest	50 min cross	8 mi run	Rest
9	Aug 30 - Sept 5	5 mi run	3 mi run or cross	5 mi run	Rest / easy run	Rest	<b>10-K Race</b>	Rest
10	Sept 6 - Sept 12	5 mi run	3 mi run or cross	5 mi run	Rest	60 min cross	10 mi run	Rest
11	Sept 13 - Sept 19	5 mi run	3 mi run or cross	5 mi run	Rest	60 min cross	9 mi run	Rest
12	Sept 20 - Sept 26	4 mi run	3 mi run or cross	2 mi run	Rest	Rest	2 mi run	<b>Half Marathon</b>



# CHICAGO HALF MARATHON - INTERMEDIATE TRAINING PLAN

Week	Dates	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	July 5 - July 11	3 mi run	4 mi run	3 mi run	Rest	3 mi run	4 mi run	30 min cross
2	July 12 - July 18	3 mi run	4 mi run	3 mi run	Rest	3 mi run	5 mi run	30 min cross
3	July 19 - July 25	3.5 mi run	5 mi run	3.5 mi run	Rest	Rest	6 mi run	40 min cross
4	July 26 - Aug 1	3.5 mi run	5 mi run	3.5 mi run	Rest	3 mi run	7 mi run	40 min cross
5	Aug 2 - Aug 8	4 mi run	6 mi run	4 mi run	Rest	3 mi run	8 mi run	40 min cross
6	Aug 9 - Aug 15	4 mi run	6 mi run	4 mi run	Rest / easy run	Rest	<b>5-K Race</b>	50 min cross
7	Aug 16 - Aug 22	4.5 mi run	7 mi run	4.5 mi run	Rest	4 mi run	9 mi run	Rest
8	Aug 23 - Aug 29	4.5 mi run	7 mi run	4.5 mi run	Rest	5 mi run	10 mi run	50 min cross
9	Aug 30 - Sept 5	5 mi run	8 mi run	5 mi run	Rest / easy run	Rest	<b>10-K Race</b>	60 min cross
10	Sept 6 - Sept 12	5 mi run	8 mi run	5 mi run	Rest	5 mi run	12 mi run	Rest
11	Sept 13 - Sept 19	5 mi run	6 mi run	4 mi run	Rest	3 mi run	10 mi run	60 min cross
12	Sept 20 - Sept 26	4 mi run	4 mi run	2 mi run	Rest	Rest	2 mi run	<b>Half Marathon</b>