

# INTERMEDIATE MARATHON TRAINING FF SCHEDULE 2010

## Chicago, Milwaukee, Whistle Stop

Week	Wk Ending	Mon	Tue	Wed	Thur	Fri	Sat	SUN	Week Total
1	13-Jun	Cross	3	5	3 or Track	OFF	5 Pace	8	24
2	20-Jun	Cross	3	5 or Track	3	OFF	5	9	25
3	27-Jun	Cross	3	5	3 or Track	OFF	5 Pace	6	22
4	4-Jul	Cross	3	6	OFF	RACE or 3	6 Pace	11 miles FF (last 4 @ MP)	29
5	11-Jul	Cross	3	6	3 or Track	OFF	6	12	30
6	18-Jul	Cross	McHenry River Run 3Mi/6Mi. 3 miles	5	3 or Track	OFF	6 Pace	9	26
7	25-Jul	Cross	4	7	4 or Track	OFF	7 Pace	14 miles FF (last 6 @ MP)	35
8	1-Aug	Cross	4	7 or Track	4	OFF	7	Coon Creek 10K or 15 miles	37
9	8-Aug	Cross	4	5	4 or Track Meet	OFF	7 Pace	11	31
10	15-Aug	Cross	4	8	4 or Track	OFF	8 Pace	17 miles FF (7 slow, 5@ 30sec above MP, 5 at MP)	41
11	22-Aug	Cross	5	8	5 or Track	OFF	Corn Fest 10K or 8	18	44
12	29-Aug	Cross	5	8 or Track	5	OFF	8 Pace	13	36
13	5-Sep	Cross	5	8	5 or Track	Sunset 5K or OFF	5 Pace	20	43
14	12-Sep	Cross	5	5	5 or Track	OFF	DIRT or 8 Pace	Crystal Lake Half Marathon or 12 miles	35
15	19-Sep	Cross	5	8 or Track	5	OFF	5 Pace	20	43
16	26-Sep	Cross	5	6	5 or Track	OFF	4 Pace	12	32
17	3-Oct	Cross	4	4	5 or Track	OFF	3	8	24
18	10-Oct	Cross	3	OFF	4	OFF	2	RACE	35.2

For additional information visit [www.halhighdon.com](http://www.halhighdon.com)  
 Milwaukee Marathon Oct 3th, Whistlestop Marathon Oct 10th,  
 Chicago Marathon Oct 10th, Indianapolis Monumental Marathon Nov 6th