



BRETT'S BITES CHICAGO TRAINING PLAN



	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 1 May 26- June 1	45 MINUTES	REST	45 MINUTES	REST	45 MINUTES	60 MINUTES	REST
Week 2 June 2-8	45 MINUTES	REST	50 MINUTES	REST	45 MINUTES	75 MINUTES	REST
Week 3 June 9-15	50 MINUTES	REST	15 MIN W/U 10X30S HILL REPS 15 MIN C/D	REST	45 MINUTES	90 MINUTES	REST
Week 4 June 16-22	45 MINUTES	REST	15 MIN W/U 6X 3 MIN @ THRESHOLD 15 MIN C/D	REST	45 MINUTES	80 MINUTES	REST
Week 5 June 23-29	50 MINUTES	REST	15 MIN W/U 10X 1 MIN @ INTERVAL PACE 15 MIN C/D	REST	45 MINUTES	90 MINUTES	REST



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	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 6 June 30- July 6	50 MINUTES	REST	15 MIN W/U 10X1/1 FARTLEK 15 MIN C/D	REST	50 MINUTES	100 MINUTES	REST
Week 7 July 7-13	55 MINUTES	REST	15 MIN W/U 10X45S HILL REPS 15 MIN C/D	REST	50 MINUTES	110 MINUTES	REST
Week 8 July 14-20	50 MINUTES	REST	15 MIN W/U 5X5 MIN @ THRESHOLD 15 MIN C/D	REST	45 MINUTES	100 MINUTES	REST
Week 9 July 21-27	55 MINUTES	REST	15 MIN W/U 8X2 MIN @ INTERVAL 15 MIN C/D	REST	50 MINUTES	110 MINUTES	REST
Week 10 July 28- August 3	55 MINUTES	REST	15 MIN W/U 8X 2/1 FARTLEK 15 MIN C/D	REST	55 MINUTES	120 MINUTES	REST





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	MON	TUE	WED	THUR	FRI	SAT	SUN
Week 11 August 4-10	55 MINUTES	REST	20 MIN W/U 6X3 MIN @ INTERVAL 20 MIN C/D	REST	60 MINUTES	120 MIN W/ 2X10 MIN @ M	REST
Week 12 August 11-17	50 MINUTES	REST	20 MIN W/U 20 MIN @ THRESHOLD 20 MIN C/D	REST	55 MINUTES	130 MINUTES	REST
Week 13 August 18-24	55 MINUTES	REST OR UP TO 55 MIN	20 MIN W/U 8X3 MIN @ 10K 20 MIN C/D	REST	60 MINUTES	130 MIN W/ 2X20 MIN @ M	REST
Week 14 August 25-31	60 MINUTES	REST OR UP TO 55 MIN	20 MIN W/U 25 MIN @ THRESHOLD 20 MIN C/D	REST	60 MINUTES	140 MINUTES	REST
Week 15 September 1-7	60 MINUTES	REST OR UP TO 60 MIN	20 MIN W/U 6X4 MIN @ 10K 20 MIN C/D	REST	60 MINUTES	140 MIN W/ 2X30 MIN @ M	REST



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MON TUE WED THUR FRI SAT SUN

Week 16 September 8-14	55 MINUTES	REST	20 MIN W/U 3X10 MIN @ THRESHOLD 20 MIN C/D	REST	55 MINUTES	150 MINUTES	REST
Week 17 September 15-21	60 MINUTES	REST OR UP TO 60 MIN	20 MIN W/U 5X5 MIN @ 10K 20 MIN C/D	REST	60 MINUTES	150 MIN W/ 2X40 MIN @ M	REST
Week 18 September 22-28	60 MINUTES	REST OR UP TO 60 MIN	20 MIN W/U 30 MIN @ THRESHOLD 20 MIN C/D	REST	60 MINUTES	120 MINUTES	REST
Week 19 September 29-October 5	55 MINUTES	REST	15 MIN W/U 8X2 MIN @ 10K 15 MIN C/D	REST	55 MINUTES	90 MIN W/ 3X5 MIN @ M	REST
Week 20 October 6-12	50 MIN	REST	15 MIN W/U 4X4 MIN @ THRESHOLD 15 MIN C/D	REST	REST OR UP TO 45 MIN	30 MINUTES @ THE BRETT'S BITES SHAKEOUT!	CHICAGO MARATHON





BRETT'S BITES CHICAGO TRAINING PLAN PACE CHARTS



TARGET TIME	3:00-3:30	3:30-4:00	4:00-4:30	4:30-5:00
EASY RUN PACE	7:45-9:45	9:00-11:00	10:30-12:00	11:00-12:45
MARATHON PACE (M)	6:50-8:00	8:00-9:00	9:00-10:00	10:00-11:30
THRESHOLD PACE	6:30-7:30	7:30-8:30	8:30-9:20	9:20-10:10
10k PACE	6:15-7:20	7:20-8:20	8:20-8:30	8:40-9:20
INTERVAL PACE	6:00-6:50	6:50-7:50	7:50-8:30	8:30-9:00



BRETT'S BITES CHICAGO TRAINING PLAN



NOTES ON WORKOUTS

HILL REPS

RUN HARD ENOUGH THAT YOU WANT TO BE DONE BY THE END OF THE REP. THE DURATION IS DENOTED IN SECONDS (S=SECONDS). JOG BACK TO THE BOTTOM IN BETWEEN FOR THE RECOVERY

THRESHOLD

SHOULD FEEL LIKE A 6-7/10 EFFORT. TAKE 1-1.5 MINUTES REST BETWEEN REPS

INTERVAL

SHOULD FEEL LIKE A 8/10 EFFORT. TAKE EQUAL RECOVERY TO THE REP (E.G FOR 3 MIN AT INTERVAL, TAKE 3 MINUTES RECOVERY)

FARTLEK

NO PACE TARGET, JUST LIFT THE EFFORT FOR THE TIME SPECIFIED AND COAST IN BETWEEN. THE DURATION IS DENOTED IN MINUTES (E.G. FOR 10/X1/1 LIFT FOR 1 MINUTE, COAST FOR 1 MINUTE, TEN TIMES)

10K

SHOULD FEEL LIKE A 7/10 EFFORT. TAKE 1.5-2 MINUTES REST BETWEEN REPS

MARATHON (M)

RUN REPS AT MARATHON PACE IN THE SECOND HALF OF THE LONG RUN
TAKE 5-10. MINUTES EASY RUNNING BETWEEN

EASY RUNS

RUNS DENOTED IN MINUTES (E.G. 45 MINUTES) SHOULD BE DONE AT EASY. RUN PACE, WHICH SHOULD FEEL CONVERSATIONAL. WARM-UP (W/U) & COOL-DOWN (C/D) RUNS SHOULD BE THE SAME.

A NOTE ON MILEAGE: IF YOU PREFER HITTING MILEAGE TARGETS, RUN TO A ROUND NUMBER WITHIN ~5 MINUTES OF THE MINUTES WRITTEN. IF YOU WANT TO HIT A LONG RUN TARGET LIKE 18 OR 20 MILES, GO BEYOND 150 MINUTES FOR THE LONGEST LONG RUN, BUT DON'T SPEND MORE THAN 3 HOURS ON A LONG RUN