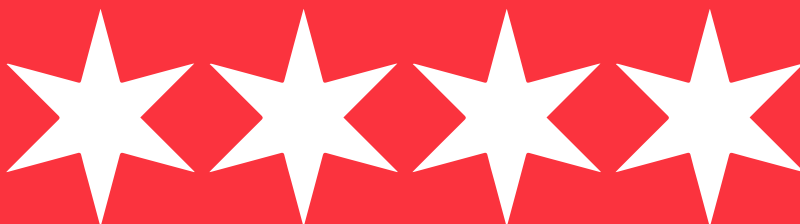


BANK OF AMERICA

Chicago



1977

2017

Marathon

FORTIETH ANNIVERSARY

TRAINING
PROGRAM



NIKE+ RUN CLUB

THE GOAL

OF THIS PLAN ISN'T TO GET YOU ACROSS

THE FINISH LINE, IT'S TO GET

THE BEST VERSION OF YOU

ACROSS THE FINISH LINE.



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THIS 18 - WEEK
TRAINING PLAN
COMBINES
SPEED,
STRENGTH,
ENDURANCE
AND RECOVERY
TO GET YOU READY TO
TACKLE THE 2017
BANK OF AMERICA
CHICAGO MARATHON.

**BEFORE DIVING STRAIGHT INTO THE TRAINING PLAN,
READ ALL THE MATERIAL TO ENSURE YOU GET THE MOST OUT OF IT.**

This plan is built to adapt to your experience level, but it's also uniquely flexible to your needs. Here's what you should know to get the most out of the Nike+ Run Club Training Plan:

IT'S NOT JUST ABOUT DISTANCE

This training plan is built to help you maximize your efforts on race day through speed, strength, endurance and recovery.

THIS PLAN WORKS FOR YOU

Your schedule varies. SO does the weather and how you feel, but here are a few things to keep in mind as you modify this plan to your needs:

- Speed, Strength and Endurance Runs are essential parts of the plan to maximize your training.
- You have 3-5 Recovery days – use them to break up your speed and endurance runs to avoid doing speed and endurance runs on back-to-back days.
- Use Recovery days as you choose. You can run a few miles, cross train or take a rest day. We recommend running on two of your four Recovery Days.

TRAINING STARTS WHEN YOU START

This plan was designed around an 18-week schedule for maximum results. It was built to adapt to your experience level and intended to be uniquely flexible to your needs as you prepare to tackle the 2017 Bank of America Chicago Marathon. You're in control of what you put into the program.

TOOLS TO TAKE YOU FARTHER

- You ran those miles. Now claim them. Share your progress with the Nike+ Run Club App to get cheers, motivation and encouragement from your friends.
- The Nike+ Training Club App is a great way to add cross-training to your schedule.

WEEKLY WORKOUTS



This plan includes four types of workout activities each week. All four are important to get the fittest, strongest and fastest version of you to the finish line.

SPEED

Building strength through speed training is important as you prepare. Throughout this plan you'll be introduced to a variety of speed workouts and drills that will make you faster. Be sure to do a 1.5 mile warm up and cool down before and after the speed workout.

STRENGTH

Get stronger and build lean muscle using resistance, bodyweight, and equipment. These workouts will strengthen the body to prevent injury and improve athletic performance. Use the Nike+ Training Club app to get workouts.

ENDURANCE

You need endurance training to help prepare your body and mind to go the distance on race day. You will work on endurance with weekly Long Runs.

RECOVERY

Recovering from your workout days is just as important as the workouts themselves. Use these days to recover based on how you feel. Either take the day off, try a NTC workout or go for a few Recovery miles.



HOW TO USE THE PACE CHART

Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Over the course of your training, you will run using different pace targets. Knowing your pace targets will make your speed work easier.

Treat each pace target as the middle of a range. You may train slightly above or below these paces. They are not exact paces and you are not a robot.

The chart on page 8 will help you understand which pace you should aim to run during each session.

FIND YOUR STARTING PACE

To get started, you'll need to identify the row of pace targets that is right for you.

You can find the right row based on any of the following:

Use a recent 5K, 10K, Half-Marathon or Marathon time, if you have run one. By "recent" we mean in the last month or two.

Use the Nike+ Running App and go on a few runs to determine your average pace. This will be your Recovery day pace.

If you already run often, you could make an educated guess based on your current fitness.

Whichever one you use, this will be your starting point to find your row of pace targets within the Pace Chart.

FOR EXAMPLE

If your last race was a 27:00 minute 5K, find that 5K time under the 5K column on the Pace Chart and slide across the row left or right to find your other pace targets.

In this case, the pace targets would be as follows:

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
8:00	27:00 / 8:40	55:50 / 9:00	9:25	2:05:00 / 9:30	4:15:00 / 9:45	10:30

Start with your 5k Best /
Avg Mile Pace and read
left or right.

ANOTHER EXAMPLE

If your Mile Best time is 9:30, find that Mile Best time on the Pace Chart and slide across to see your other average mile pace targets.

Here, your pace targets would be as follows:

MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
9:30	31:45 / 10:15	66:00 / 10:35	11:00	2:25:00 / 11:05	5:00:00 / 11:25	12:10

Start with your Mile
Best and read right for
your other pace targets.

THINGS TO KNOW

When you have your range of pace targets, it helps to understand a few things about how you will use them:

During your training there will be days you may be a little ahead of pace, and other days a little behind. Remember that the paces are only to be used as a guide.

You will have good days and bad days so be flexible with your expectations. Hopefully, you will be increasing your fitness each week and your paces will increase in speed as you go.

When this plan is over and you head out for race day be confident in all the work you have done. It is that work that will take you to new fitness levels, faster paces, this starting line and the all the ones beyond.

PACE CHART



MILE BEST	5K BEST / AVG MILE PACE	10K BEST / AVG MILE PACE	TEMPO AVG MILE PACE	HALF MARATHON BEST / AVG MILE PACE	MARATHON BEST / AVG MILE PACE	RECOVERY DAY PACE
5:00	17:05 / 5:30	35:45 / 5:45	5:55	1:18:00 / 5:00	2:44:00 / 6:15	7:00
5:30	18:45 / 6:00	39:00 / 6:15	6:25	1:25:00 / 6:30	3:00:00 / 6:50	7:35
6:00	20:15 / 6:30	42:00 / 6:45	7:05	1:35:00 / 7:15	3:15:00 / 7:25	8:10
6:30	22:00 / 7:05	45:45 / 7:20	7:25	1:40:00 / 7:35	3:30:00 / 8:00	8:45
7:00	23:45 / 7:40	49:00 / 7:55	8:05	1:50:00 / 8:20	3:45:00 / 8:35	9:20
7:30	25:15 / 8:05	52:30 / 8:25	8:40	1:55:00 / 8:45	4:00:00 / 9:10	9:55
8:00	27:00 / 8:40	55:50 / 9:00	9:20	2:05:00 / 9:30	4:15:00 / 9:45	10:30
8:30	28:30 / 9:10	59:00 / 9:30	9:45	2:10:00 / 9:55	4:30:00 / 10:15	11:00
9:00	30:00 / 9:40	62:30 / 10:00	10:25	2:20:00 / 10:40	4:45:00 / 10:50	11:35
9:30	31:45 / 10:15	66:00 / 10:35	10:55	2:25:00 / 11:05	5:00:00 / 11:25	12:10
10:00	33:00 / 10:40	69:00 / 11:05	11:35	2:35:00 / 11:45	5:15:00 / 12:00	12:45
10:30	35:00 / 11:15	72:00 / 11:35	12:00	2:40:00 / 12:10	5:30:00 / 12:35	13:20
11:00	36:15 / 11:40	75:00 / 12:00	12:35	2:50:00 / 12:55	5:40:00 / 13:00	13:45
11:30	38:00 / 12:15	78:30 / 12:35	13:00	2:55:00 / 13:15	5:50:00 / 13:20	14:05
12:00	39:30 / 12:40	81:30 / 13:05	13:35	3:05:00 / 14:05	6:00:00 / 13:45	14:30
12:30	40:20 / 13:00	85:00 / 13:40	13:50	3:07:00 / 14:10	6:20:00 / 14:30	14:50

GLOSSARY



This glossary elaborates on the running-specific terms you'll see referenced throughout this plan. It's important to understand the different types of runs that this plan includes in order to get the most out of the full training journey.

WORKOUTS

SPEED

The best way to improve your fastest pace is to work on it for brief periods in a series of speed intervals. They can be the same length and pace with the same amount of recovery time, or can involve various distances, paces and recovery periods. Long intervals, Fartlek, Tempo and Hill Runs are all Speed workouts. See Types of Runs below for definitions of these.

STRENGTH

Get stronger and build lean muscle using resistance, bodyweight, and equipment. These workouts will strengthen the body to prevent injury and improve athletic performance.

ENDURANCE

Your weekly Endurance Run is a long distance run at a comfortable pace. It is an essential part of your training that helps the body and mind adapt to increased distances. It also helps you get familiar with the physical and mental challenges that you might face during a race. This run should be run as a Progression Run. See Types of Runs for a definition of Progression Run

RECOVERY

Recovery is just as important as your hard workouts. Listen to what your body needs on recovery days, whether that means taking the day off completely, cross-training with the NTC App or running a few Recovery miles. Ideally, at least two of your Recovery days should be spent running. Recovery Runs increase your stamina and help you recover at the highest quality possible after intense training. They should be run as Progression Runs.

See Types of Runs below for a definition of Progression Run.

TYPES OF RUNS

PROGRESSION

Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace over the course of each run by starting at a slower than Recovery Pace and finishing at a faster than Recovery Pace. Over the course of the run you will average your Recovery Pace. Your Endurance and Recovery Runs should always be run as Progression Runs.

TRACK

Track refers to a session that includes a series of speed intervals. Ideally, this type of a workout is done on a track as the surface allows you to play with faster paces with precise measurements, but it can be done just about anywhere. You may choose to use city blocks, traffic lights or even trees as interval markers.

HILLS

Hill workouts develop speed and form. It takes extra effort to run uphill so you do not need to run as fast as you would on a flat section. While running uphill, remain in control of your breathing. Don't lean too far forward. A light lean with the chin leading the chest is enough. Uphills are a great way to develop speed and strength with minimal pounding on the legs.

FARTLEK

Fartleks work on speed and strength by alternating distances and paces during a continuous run. An example Fartlek workout structure could be one minute running easy followed by one minute running hard, repeated for a certain amount of minutes, miles or alternating every city block.

STRIDES

Strides refer to very short runs that are usually done prior to a run or workout, or immediately after. A series of strides should become faster in pace—often, the first Stride will be the longest and the slowest. There should be a brief recovery between each Stride.

TEMPO

Tempo is a hard but controlled pace that can be run as long intervals or a steady run of 1-10 miles. The purpose of a Tempo Run is to build mental and physical endurance and to become comfortable with being uncomfortable.

TYPES OF PACES

We've divided our paces into five speeds that we'll reference throughout the training program.

MILE PACE (FASTEST)

This is the pace you could race or run hard for one mile.

5K PACE (FASTER)

This is the pace you could race or run hard for about 3 miles.

10K PACE (FAST)

This is the pace you could race or run hard for about 6 miles.

TEMPO PACE

Teaching your body to be comfortable being uncomfortable by maintaining a pace between 10k (FAST) and Recovery (EASY).

RECOVERY PACE (EASY)

A pace easy enough that you can catch your breath while running.

IF YOU...

EVERYONE'S TRAINING JOURNEY IS DIFFERENT. BUT THERE ARE SOME RECURRING CHALLENGES AND QUESTIONS THAT MANY RUNNERS ENCOUNTER ALONG THE WAY. HERE'S HOW TO UNDERSTAND AND OVERCOME THESE COMMON HURDLES ON YOUR ROAD TO RACE DAY.

IF YOUR SCHEDULE DOES NOT MATCH THE TRAINING SCHEDULE,

Then adjust the training schedule to your needs. For best results, each week should include the three key workouts—Speed, Endurance and Recovery. Prioritize Speed and Endurance workouts and make sure you recover intelligently.

IF YOU DON'T KNOW HOW TO FIGURE OUT YOUR PACE,

Then experiment until you find it. When you're out running, you run on feel. You have different gears whether you realize it or not. Be patient, pay attention and have fun experimenting with your comfort level while running at different speeds across different distances. Use the Nike+ Running App while you run to keep track your paces, and use at our Pace Chart guidelines on page 06 to find your pace targets.

IF YOU'RE TIRED,

Figure out why. Feeling fatigued is normal as your training progresses, but make sure you're supporting yourself in all other aspects of your life: get enough sleep, eat right, hydrate properly, respect Recovery days and wear the proper shoes. Sometimes the best training is to focus on recovery and rest.

IF YOU LACK MOTIVATION,

Look for inspiration. Even where you don't expect to find it—like on a run that you don't want to do. Go out for ten minutes and if you don't feel like running anymore then come back. Just make sure you come back running.

IF YOU HAVE A TERRIBLE RUN,

Move on to the next one. Some runs are just terrible—sometimes there's no reason, sometimes there is. Take a moment to see if there's a reason and learn something about yourself if there is. Being comfortable with a bad run is just as important as the joy of a great run.

IF YOU'RE HURT,

Stop running. There is a difference between hurting and being hurt. It's essential to listen to and learn from your body throughout your training. Sometimes missing miles in the present lets you run better miles in the future.

IF YOU ARE GOING TO RACE,

Give yourself time to recover—beforehand and afterwards. You may want to back off in terms of distance or pace a few days prior to the race. Be sure to give yourself a few days of recovery after it's over too (regardless of whether or not you consider it a successful race).

2017 BANK OF AMERICA CHICAGO MARATHON

WEEK-BY-WEEK OVERVIEW



This 18-week training plan combines Speed, Endurance and Recovery to get you ready to tackle the 2017 Bank of America Chicago Marathon.

This plan is built for you to adapt to your experience level and your schedule. The plan starts when you do, so weeks count down from 18 weeks down to one allowing you to jump in whenever you need to.

6.05.17 - 6.11.17

A STARTING LINE



This week you will begin your 18-week journey with a series of runs and light workouts that will introduce you to the training plan.

6.12.17 - 6.18.17

SET GOOD HABITS



Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days.

6.19.17 - 6.25.17

WARM UP



You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both types of days will show you that you are putting in the work and are on track to get where you need to be.

6.26.17 - 7.02.17

DEVELOP CONSISTENCY



In your fourth week of training, you will begin to feel a rhythm to your running. The secret to running well is consistency.

7.03.17 - 7.09.17

LEARN TO FOCUS



Training this week may tax you both physically and mentally. Be focused in the moment and by preparing ahead of time for each day's workout.

7.10.17 - 7.16.17

BUILD UP STRENGTH



The training so far has had its greatest effect on your strength. This week you will test that by taking on more strength work.

7.17.17 - 7.23.17

PUSH ENDURANCE



Your endurance has improved. This week you will put it to work. Longer intervals, longer runs and a longer Long Run are on the menu.

7.24.17 - 7.30.17

PICK UP THE PACE



This week, you're going to get comfortable with being uncomfortable. Break out of the paces you've set for yourself and try experimenting with new paces that test your limits.

7.31.17 - 8.06.17

TIME TO EVOLVE



You are a different athlete than you were when this started. Now it's time to do the work to become a stronger, faster and better athlete.

8.07.17 - 8.13.17

LOOK AHEAD



This week, training shifts from foundational running and base workouts to getting race ready.

8.14.17 - 8.20.17

RUN CONFIDENT



You have handled it all. Long Runs. Speed Runs. Progression Runs. It's time to run these miles confidently.

8.21.17 - 8.27.17

EMBRACE FAST



You have been getting faster each week. Now it's time to be as fast as you can. This week you will be working on both your speed and strength.

8.28.17 - 9.03.17

MOVE AHEAD



This week is a great opportunity to look ahead to the athlete you want to be. Be that athlete now. Take on some faster paces and consider adjusting your race goals to match the runner you've become.

9.04.17 - 9.10.17

READY TO RUN



You are fit, strong and ready to take on any workout on any day. The miles will start to pass by more quickly. Make sure you appreciate what you have done and what you are doing.

9.11.17 - 9.17.17

HIT YOUR PEAK



Your training will hit its peak this week. Be prepared to work hard, be tired and enjoy every minute of it.

9.18.17 - 9.24.17

SHARPEN EVERY STEP



You don't taper. You sharpen. This week the speed picks up but the recovery picks up even more. It's quality running and quality recovery from now on.

9.25.17 - 10.01.17

MAINTAIN YOUR WORK



You have done the training. Now it's time to maintain this body of work. As the intensity dials itself down it's important to focus on sleep, hydration, diet and fun.

10.02.17 - 10.08.17

THE STARTING LINE



You've made it. Run strong and confidently this week. Use what you have learned and the progress you have made. You are ready to take the line.

SAMPLE PLAN BREAKDOWN



Combining Speed, Strength, Endurance and Recovery, this 18-week training plan was designed to adapt to your experience level and intended to be uniquely flexible, allowing you to get the most out of your training. Use this as a visual guide and get ready to tackle the 2017 Bank of America Chicago Marathon.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	RECOVERY	SPEED	STRENGTH	TEMPO	RECOVERY	ENDURANCE	RECOVERY
18	5 MILES	SPEED	NTC STRENGTH	TEMPO	4 MILES	7 MILES	OFF
17	6 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	9 MILES	OFF
16	6 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	10 MILES	OFF
15	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	12 MILES	OFF
14	5 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	8 MILES	OFF
13	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	13 MILES	OFF
12	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	14 MILES	OFF
11	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	15 MILES	OFF
10	5 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	10 MILES	OFF
09	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	17 MILES	OFF
08	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	18 MILES	OFF
07	5 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	12 MILES	OFF
06	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	18 MILES	OFF
05	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	19 MILES	OFF
04	7 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	22 MILES	OFF
03	6 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	13 MILES	OFF
02	5 MILES	SPEED	NTC STRENGTH	TEMPO	5 MILES	9 MILES	OFF
01	3 MILES	SPEED	NTC STRENGTH	TEMPO	NTC MOBILITY	3 MILES	RACE DAY

6.05.17 - 6.11.17

A STARTING LINE



This week you will begin your journey with a series of runs and light workouts that will introduce you to the training plan. You can modify the following sequence to suit your week, but don't do speed & endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

0.5 miles at **10k** pace
(6x) 0.25 miles at **5k** pace
0.5 miles at **10k** pace

2-minute recovery after **10k** pace,
90 seconds after each **5k** pace

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

7 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day.

In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 4 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

1.5 miles at **tempo** pace
(2x) 0.5 miles at **10k** pace
(2x) 2.25 miles at **5k** pace

3-minute recovery after **tempo** pace,
90 seconds after **5k** and **10k** pace

6.12.17 - 6.18.17

SET GOOD HABITS



Time to develop new habits. This week draws special attention to the how and why of the training. Work on building stamina and proper pacing on workout days.

RECOVERY 1

Get the most out of today with a 6 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

0.5 miles at **10k** pace
(8x) 0.25 miles at **5k** pace
0.5 miles at **10k** pace

2-minute recovery after **10k** pace,
90 seconds after each **5k** pace

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

9 MILES

Get ready to go the distance on race day with your week's longest run. In these early week, the goal is to get your body used to longer distances. Don't worry too much about the pace, it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

2 miles at **tempo** pace
(5x) 0.5 miles at **10k** pace

3-minute recovery after **2** miles,
90 seconds after **0.5** miles

6.19.17 - 6.25.17

WARM UP



You are hitting your stride. Some days you will feel great. Other days you will feel tired. Both days will show you that you are putting in the work and are on track to get where you need to be. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast

RECOVERY 1

Get the most out of today with a 6 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

(6x) 0.25 miles at **5k** pace
(3x) 0.5 miles at **5k** pace

90 seconds recovery after 0.25 miles,
2 minute recovery after 0.5 miles

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

10 MILES

Running this distance will help prepare the body and mind to go the distance on race day. In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

(2x) 1.5 miles at **tempo** pace
1 mile at **10k** pace

90 seconds recovery after each

DEVELOP CONSISTENCY



In your fourth week of training, you will now begin to feel a rhythm to your running. The secret to running well is consistency. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

(2x) 0.5 miles at **10k** pace
(3x) 0.5 miles at **5k** pace
(2x) 0.5 miles build **5k** pace to **mile** pace
for final **0.1**

2 minute recovery after each

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

12 MILES

This is your longest run of the week. Running this distance will help prepare the body and mind to go the distance on race day. In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

(2x) 0.25 miles alternating 30 second at **10K** pace and **5k** pace
4 miles at **tempo** pace
(2x) 0.25 miles alternating 30 second at **10K** pace and **5k** pace

90 seconds recovery after **0.25** miles
4 minutes recovery after **tempo**

7.03.17 - 7.09.17

LEARN TO FOCUS



Training this week may tax you both physically and mentally. Be Focused in the moment and by preparing ahead of time for each day's workout. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

(2x) 0.5 miles at **tempo** pace
(2x) 0.5 miles at **10K** pace building to **5k** pace for final 0.1

2 minute recovery after each

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

8 MILES

This is your longest run of the week. Running this distance will help prepare the body and mind to go the distance on race day. In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

2 miles at **tempo** pace
(2x) 0.5 miles at **10K** pace
1 mile at **tempo** pace

2:30 minutes recovery after each

7.10.17 - 7.16.17

BUILD UP THE STRENGTH



The training so far has had its greatest effort on your strength. This week you will test that by taking on more strength work. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

Repeat the below 16 times
0.25 miles at 10k pace
0.25 miles at 5k pace

90 second recovery after **10k** pace
2 minute recovery after **5k** pace

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

13 MILES

Your longest run yet. Running this distance will help prepare the body and mind to go the distance on race day. In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

(2x) 2.5 miles at tempo pace
1 mile descend starting at tempo pace to 10k pace

3 minutes recovery after each

7.17.17 - 7.23.17

PUSH ENDURANCE



The training so far has had its greatest effort on your strength. This week you will test that by taking on more strength work. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

2x through each of the following:
0.5 miles at 10k pace
(2x) 0.25 miles at 5k pace
0.5 miles at 5k pace
0.25 miles at 5K pace building to mile pace

90 second recovery after each

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

14 MILES

Running this distance will help prepare the body and mind to go the distance on race day. In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

Repeat the following until 5 miles have been reached:

Alternating fartlek:

1 minute hard; 30 second easy;
2 minutes hard; 1 minute easy
3 minutes hard; 1:30 minutes easy
1 mile at tempo pace

7.24.17 - 7.30.17

PICK UP THE PACE



This week, you're going to get comfortable with being uncomfortable. Break out of the paces you've set for yourself and try experimenting with new paces and test your limits. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

1 mile at **tempo** pace
(4x) 0.75 miles at **5k** pace

3 minute recovery after **tempo** pace
2 minute recovery after **5k** pace

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

15 MILES

Running this distance will help prepare the body and mind to go the distance on race day. In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

1 mile at **marathon** pace
5 miles at **tempo** pace

7.31.17 - 8.06.17

TIME TO EVOLVE



You are a different athlete than you were when this started. Now it's time to do the work to become a stronger, faster and better athlete. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

2x through each of the following:
0.25 miles at **tempo** pace
0.75 miles at **10k** pace building to **5k** pace
0.25 miles at **5K** pace building to **mile** pace

90 **second** recovery after each

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

10 MILES

Running this distance will help prepare the body and mind to go the distance on race day. In these early weeks, the goal is to get your body used to longer distances. Don't worry too much about the pace it should feel comfortable. After the run, look over your mile splits on the Nike+ Running App, which will serve as a great benchmark for future runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

0.75 miles alternating **30 seconds** at **marathon** pace and **5k** pace
3 miles at **tempo** pace
0.75 miles alternating **30 seconds** at **marathon** pace and **5k** pace

3 **minutes** recovery after **tempo** pace

8.07.17 - 8.13.17

LOOK AHEAD



This week, training shifts from foundational running and base workouts to getting race ready. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

1 mile at **tempo** pace building to **10k** pace
(2x) 0.25 miles at **5k** pace
0.5 miles at **5k** pace
0.75 miles at **5k** pace
1 mile at **5k** pace
0.25 miles at **Mile** pace

2 minute recovery after 0.75 and 1 miles
90 second recovery after 0.25 and 0.5 miles

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

17 MILES

Get ready to go the distance on race day with your week's longest run. Remember to pay more attention to the quality of your pace over the course of your runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

0.5 miles at **marathon** pace
5 miles at **tempo** pace

2 minute recovery after **tempo** pace

8.14.17 - 8.20.17

RUN CONFIDENTLY



You have handled it all. Long Runs. Speed Runs. Progression Runs. It's time to run these miles confidently. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

0.5 miles at **tempo** pace
(3x) 1 mile at **5k** pace

2 minute recovery after each

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

17 MILES

Get ready to go the distance on race day with your week's longest run. Remember to pay more attention to the quality of your pace over the course of your runs.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

1 mile at **tempo** pace

Repeat the below fartlek set until 3 miles have been met:

1 min hard/30 seconds easy

2 minutes hard/1 minute easy

3 minutes hard/1:30 minutes easy

1 mile at **tempo** pace

2 minute recovery after tempo and each fartlek set

8.21.17 - 8.27.17

EMBRACE FAST



You have been getting faster each week. Now it's time to be as fast as you can. This week you will be working on your speed and strength. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

Repeat the following set 4x:
0.25 miles at 10k pace
0.25 miles at 5k pace
0.25 miles starting at 5k pace and increasing to mile pace

90 second recovery after each set

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

12 MILES

Remember to pay more attention to the quality of your pace over the course of your run.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

SPEED 2

Repeat the following 3x:
0.75 miles at tempo pace
0.75 miles at 10k pace

2 minute recovery after each

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

8.28.17 - 9.03.17

MOVE AHEAD



This week is a great opportunity to look ahead to the athlete you want to be. Be that athlete now. Take on some faster bases and consider adjusting your race goals to match the runner you've become. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

2 miles at **tempo** pace
1 mile at **10k** pace
(2x) 0.5 miles building from
5k pace to **mile** pace

90 second recovery

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

18 MILES

You are almost there! For the last six weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

SPEED 2

6 miles at **tempo** pace

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

9.04.17 - 9.10.17

READY TO RUN



You are fit, strong and ready to take on any workout. The miles will start to pass by more quickly. Make sure you appreciate what you have done and what you are doing. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

SPEED 1

Repeat the below **5x**:
0.1 miles alternating **5k** pace and **mile** pace
Repeat the below **2x**:
0.25 miles at **5k** pace
Repeat the below **3x**:
0.75 miles at **10k** pace
Repeat the below **2x**:
0.25 miles at **5k** pace:
Repeat the below **5x**:
0.1 miles alternating **5k** pace and **mile** pace
1 minutes recovery after **0.1** mile sets,
1:30 minutes recovery after **0.25** mile sets,
2 minutes recovery after **0.75** mile set

ENDURANCE

19 MILES

For the last five weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

SPEED 2

Repeat the below **2x**:
2 miles at **tempo** pace
1 mile at **tempo** pace building to **10k** pace

2:30 minute recovery after each set

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

9.11.17 - 9.17.17

HIT YOUR PEAK



Your training will hit its peak this week. Be prepared to work hard, be tired and enjoy every minute of it. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 7 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

SPEED 1

6-8 miles alternating between **tempo** and **marathon** pace

ENDURANCE

20 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day. You're almost there! For the last few weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

SPEED 2

7 mile **tempo** run

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

9.18.17 - 9.24.17

SHARPEN YOUR STEP



You don't taper. You sharpen. This week the speed picks up but the recovery picks up even more. It's quality running and quality recovery from now on. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 6 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

1 mile alternating **tempo** and **5k** pace
every **0.25** miles
0.75 miles alternating **tempo** and **5k** pace
every **0.25** miles
0.5 miles alternating **tempo** and **5k** pace
every **0.25** miles
0.25 miles at **5k** pace

4 minute recovery after **1** mile
3 minute recovery after **0.75** miles
2 minute recovery after **0.25** miles
1 minute recovery after **0.5** miles

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

13 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day. You're almost there! For the last few weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

Repeat the following **3x**:
0.75 miles at **marathon** pace
0.75 miles at **half-marathon** pace

2 minute recovery after each set

9.25.17 - 10.01.17

MAINTAIN YOUR WORK



You have done the training. Now it's time to maintain this body of work. As the intensity dials itself down, it's important to focus on sleep, hydration, diet and fun. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 5 mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

(4x) 1 mile at **5k** pace
(2x) 0.25 miles at **10k** pace
(4x) 0.1 miles at **mile** pace
(2x) 0.25 miles at **10k** pace
(4x) 0.1 miles at **5k** pace

1 minute recovery after **0.1** miles
1:30 minute recovery after **0.25** miles

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

ENDURANCE

9 MILES

Running this distance consistently will help prepare the body and mind to go the distance on race day. You're almost there! For the last few weeks of training, monitor your average pace over the course of your runs. The mix of pace and distance will serve as an important ingredient to your success on race day.

RECOVERY 3

We recommend recovering with a 5 mile progression run. Start slow and quicken your pace over the course of your run.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

1.5 mile **progression** run at **tempo** pace
0.5 miles at **10k** pace
1.5 miles at **tempo** pace

2:30 minute recovery after each

10.02.17 - 10.08.17

THE STARTING LINE



You've made it. This week, run strong and confident. Use what you have learned and the progress you have made.

You are ready to take the line. You can modify the following sequence to suit your week, but don't do Speed & Endurance runs back-to-back and stick to the recommended miles. To round out your training, add NTC workouts into your routine to get fit, fast.

RECOVERY 1

Get the most out of today with a 3-mile run that lets you recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

SPEED 1

(2x) 0.25 miles at **5k** pace
0.5 miles at **10k** pace building to **5k** pace
0.25 miles at **5k** pace building to **mile** pace
(2x) 0.25 miles at **marathon** pace
0.25 miles at **5k** pace

2 minute recovery after each

RECOVERY 2

Today is about recovery. Give your body what it craves by taking the day off or doing a NTC mobility workout.

RECOVERY 3

We recommend recovering with a 3 mile progression run. Start slow and quicken your pace over the course of your run.



You've made it. Run strong and confidently today. Use what you have learned and the progress you have made. You are ready to toe the line.

STRENGTH

Get stronger and build lean muscle by using resistance, bodyweight, and equipment with a Strength workout in the NTC app.

SPEED 2

(6x) 0.25 miles at **marathon** pace building to **half-marathon** pace within each 0.25 miles

1 mile easy

2 minutes before 1 mile easy pace

