



# FINISH A RACE

## WITH COACH PURVIS



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
13 miles	3 miles Your journey to owning Chicago starts today. Kick it off with a 3-mile run.	Weight Training Weight training is a huge part of any training program. Kick it off right with the NTC 30-minute Beginner Get Lean Sweat + Shape.	3 miles The distance will increase soon, but for now, enjoy another 3-mile run.	Weight Training Strength training is key to injury prevention. Take on the NTC 30-minute Beginner Get Tone Body Flexor to balance out your training regimen.	3 miles The beginning of this program is all about building your base. Today take on another 3 miles and get to it.	4 miles Now's the time to gradually increase your mileage. Push yourself to 4 miles today.	Rest Your mileage is getting bumped up next week. Take the day and rest up.
<b>1</b>							
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
16 miles	4 miles In week 2, start to think about running efficiently. Focus on good form during your 4-miler today.	Weight Training Improve your strength. Complete the NTC 30-minute Beginner Get Strong Total Adrenaline workout.	3 miles Soon, 3 miles will feel like a breeze. Go get it.	Weight Training Get your blood pumping with the NTC 30-minute Beginner Get Lean Fighter Fit program.	4 miles Start the weekend strong with a solid 4 mile run.	5 miles Turn up the distance on your long runs and get after 5 miles today.	Rest That was an impressive week. Take the day off.
<b>2</b>							
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
18 miles	5 miles Things are about to get real this week. Start it off right with a 5-mile run.	Weight Training Stay strong with the NTC Intermediate 45-minute Get Toned Competitor program.	4 miles Need motivation? Ask a friend to join you for your 4-miler today.	Weight Training Time to put in serious work. Complete the NTC Intermediate 45-minute Get Toned Competitor.	2 miles Your legs are getting strong. Breeze through a 2 mile run today.	6 miles Power through a 6-mile run today. Time to make it happen.	Rest Your body needs the appropriate time to recover. Take it easy and give your legs another day to rest.
<b>3</b>							
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
23 miles	7 miles It's Monday, and that means it's back to business with a 7-mile run.	Weight Training Keep your momentum going with the NTC 45-minute Beginner Get Lean Hurricane program.	5 miles Show this 5-mile run you mean business.	Weight Training Strength training doesn't take a holiday. Get after a NTC 30-minute Beginner Get Strong Total Adrenaline program.	4 miles Run 4 miles today and mix it up by changing the pace, route or terrain.	7 miles On race day, mile 7 takes you through the North Side. Use your long runs to uncover new places. Start with a 7-miler today.	Rest Take time to let your body rest in preparation for next week's training. If you feel the need to stay loose, do a 30-minute cardio workout.
<b>4</b>							
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
20 miles	8 miles Kick the week off with an 8-miler. You're on your way.	Weight Training Strength training doesn't just make you strong, it helps you become a better runner. Today do the NTC Intermediate 30-minute Get Strong Perfect Score program.	4-mile Tempo Take on a 4-mile Tempo Run today. Mixing up your pace will help you when it comes time for your longer runs.	Weight Training Do the NTC 45-minute Advance Get Strong Endurance Master program. Endurance is key on race day.	Stretch When logging this many miles, you need to stretch regularly. Do some yoga to keep your body limber and ready for race day.	8 miles Go for 8 miles today and remember the importance of hydrating during these long runs. Chicago's lakefront path has water fountains along the way.	Rest Yesterday's run wipe you out? Today's your day off. Kick your feet up and relax.
<b>5</b>							



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<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>DAY OFF</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
22 miles	7 miles	Weight Training	Rest	Weight Training	5 miles	10 miles	Rest
<b>6</b>	Hope you liked your day off yesterday, because today calls for a 7-mile run.	The NTC 30-minute Advance Get Strong Power Up and 15-minute Get Focused Core Crunch has your name written all over it.	Your legs have gotten you this far, give them the day off.	Get back at it with the NTC 45-minute Advance Get Toned Total Impact program.	Take today's 5-mile run easy, you've got a long run ahead of you tomorrow.	Welcome to double digit mileage. 10 miles. Go.	You crushed your long run yesterday. Take today to rest up for the week ahead.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>TRACK</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
24 miles	7 miles	Weight Training	Short Intervals	Weight Training	Stretch	12 miles	Rest
<b>7</b>	Start off your week 7 with a 7 mile run.	Go for the gold with the NTC Intermediate 30-minute Get Strong Perfect Score program.	Time to hit the track. Run a 1-mile warm up, 5 x 600m repeats, recovering with 400m in between each rep. If you can't get to a track, try a flat area or grass surface.	Mix up your cardio training with the NTC 45-minute Beginner Get Lean Cardio Surge program.	Practicing yoga helps with flexibility and strength, two things that will come in handy on race day.	Show this 12-miler you're in it to win it.	That was quite a week. Take it easy and rest up for the next one.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
29 miles	5 miles	Cross Training	6-mile Tempo	Weight Training	5 miles	13.1 miles	Rest
<b>8</b>	Time to get after 5 miles — nothing you haven't seen before.	Mix up your routine with a spin class or do the NTC 30-minute Advance Get Lean Razor Sharp program.	Tempo runs help to break up the distance. Start off with a 1-mile warm up, then speed things up for 4 miles. Finish with a 1-mile cool down.	Get pumped for the NTC 45-minute Advance Get Toned Super Fusion program.	End your work week strong with a 5-mile run.	Test out the race day experience by signing up for a half marathon. Or log 13.1 miles using the Nike+ Running App.	The marathon finish line is filled with music this weekend. Make the most of your city on your day off.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>TRACK</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
24 miles	6 miles	Cross Training	Short Intervals	Weight Training	Stretch	14 miles	Rest
<b>9</b>	Start off week 9 with a 6 mile run.	Keep your muscles loose with a swim, spin class, or try the NTC 30-minute Advance Get Toned Jump Around program.	Start with a 1-mile warm up, then run 4 x 200m at a 35-second pace, 2 x 400m at a 1:40-minute pace, and a 600m at a 2-minute pace, taking a 1:30 rest between reps. Finish with a 1-mile cool down.	Endurance is earned. Earn yours with the NTC 45-minute Advance Get Strong Endurance Master program.	Get a good stretch in today and prepare for tomorrow with some yoga.	You've got a 14-miler today. If these long runs are too tough, try breaking them up into two runs.	Congrats on reaching the half-way point. Take it easy today after yesterday's long run. Your legs will thank you tomorrow.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>DAY OFF</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
32 miles	7 miles	Cross Training	9-mile Tempo	Rest	Stretch	16 miles	Rest
<b>10</b>	Get after 7 miles today. Mix up the pace or try a new run route to keep things fresh.	Mix up your cardio with swimming or a spin class to keep your body moving without pounding the pavement.	Tempo Runs are great for finding your race pace. Kick off your 7-mile Tempo Run with a 1-mile warm up, and finish with a well-deserved 1-mile cool down.	Take the day off. You earned it, and your legs need it.	Yoga will help you get in the right mentality to conquer tomorrow's long run.	Take your training to new heights with an 16-mile run. If you're in Chicago, enjoy the view of the sky today with the air and water show.	You've earned a day off. If you're in Chicago, make it a beach day and enjoy the Air and Water show.

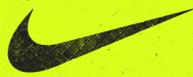


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WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
31 miles	5 miles	Weight Training	8 miles	Weight Training	Stretch	18 miles	Rest
<b>11</b>	Today's all about speed. Take on 5 miles at your goal race pace.	Be faster. Get stronger. Try the NTC Get Strong Advance Be Explosive program.	You've been going hard. Take it easy on your 8 mile run today.	Build a strong foundation with the NTC Get Lean Advance Shakedown program.	A good stretch will help you loosen up for tomorrow's long run. Yoga or Pilates should do the trick.	Not everyone can say they've run 18 miles. After today, you can.	Kick back and enjoy your day off — you earned it.
<b>TOTAL MILEAGE</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
28 miles	Stretch	7 miles	Weight Training	5-mile Tempo	Stretch	16 miles	Rest
<b>12</b>	Feel the burn? Make today all about a good, deep stretch with Kara Goucher's NTC Running Stretching Workout.	Cruise at a comfortable pace for this 7 mile run.	Strength comes from the core. Get after the NTC Get Toned Intermediate Body Buffer program.	The mileage is low, but the extremes should be high. Log a 5-mile Tempo Run and vary the pace as much as you can.	Yoga not only gives you a good stretch, it also helps you relax after 12 full weeks of training.	Easy week so far. Finish strong with a 16 mile run.	After crushing 16 miles yesterday, it's time to relax.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
38 miles	8 miles	Weight Training	7 miles	Stretch	5 miles	18 miles	Rest
<b>13</b>	Wrap up your 3-day weekend with an easy 8-miler.	Find strength in yourself. The NTC Get Toned Intermediate Stinger program should work.	Race day is sneaking up on you. Go for 7 miles today and try to find your race pace.	Don't let an injury derail your training this close to race day. Stay loose and focused with yoga.	Take these 5 miles easy and remind yourself why you love to run.	On race day, mile 18 takes you through Little Italy. Take in the culture on your 18 mile route today to gain appreciation for the streets you run on.	Today's your day off. Enjoy it so you can come back strong tomorrow.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
22 miles	6 miles	Weight Training	4 miles	Weight Training	Stretch	12 miles	Rest
<b>14</b>	This week goes light with the mileage. Start it off with a 6-mile run slower than your goal race pace.	Stronger muscles, stronger runner. Bring your best to the NTC Get Lean Beginner Jump Start program.	Log 4 miles and keep it fresh by listening to a new playlist or picking a new route.	Today you'll see your muscles take shape with the NTC Get Strong Beginner Muscle Definer program.	Today is for stretching. Something like yoga will help you stay loose on race day.	On race day, the 12-mile mark is your last time north of the Chicago River. Change up your scenery for your 12 miles today.	Let your body rest and recover today. And no rest day is complete without a good night's sleep.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
34 miles	8 miles	Weight Training	6-mile Tempo	Weight Training	Stretch	20 miles	Rest
<b>15</b>	Greet the new week with an 8 mile run.	Time to feel the burn. Power through the NTC Get Lean Intermediate Fire Drill.	Push yourself through this last Tempo Run.. Kick off your 6-mile Tempo Run with a 1-mile warm up, and finish with a well-deserved 1-mile cool down.	All of your hard work will pay off soon. Crush the NTC Get Strong Intermediate Worth the Weight.	Take a yoga class to get your mind and body in line.	Today's 20 miles is the longest run in your training plan. Pace yourself as you go the distance.	Put your feet up, relax, and enjoy the first day of fall.



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23 miles	6 miles	Weight Training	Short Intervals	Weight Training	Stretch	14 miles	Rest
<b>16</b>	Race day is approaching. Crank out another 6-miler.	Amp it up with the NTC Get Toned Beginner Energizer.	Start with a 1-mile warm up, then run 10 x 200m sprints. End the workout with a 1-mile cool down.	Get pumped, it's time for the NTC Get Strong Beginner Pump Station.	Setting an intention in yoga today will help you practice race day motivation.	Training is an art form. Your race is your masterpiece. Get inspired on your 14-miler today.	The marathon route goes through many neighborhoods. Discover a new one on your day off.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>WORKOUT</b>	<b>LONG RUN</b>	<b>DAY OFF</b>
26 miles	7 miles	Weight Training	6 miles	Weight Training	Stretch	13 miles	Rest
<b>17</b>	This is your last week of training before you taper. Start it off easy with a 7-mile run slower than your goal race pace.	Keep your heart rate up. Take on the NTC Get Lean Intermediate Cardio Surge.	You've been training hard. Now's your time to shine. Log 6 miles at race pace and prove what you're made of.	Maintain definition with the NTC Get Toned Intermediate Kickin It.	You pushed your muscles all week. Take today's yoga class easy.	Just think, next week you will be running twice this distance. Own these 13 miles.	Next week focuses on tapering. Make sure to rest up before your last week of training.
<b>TOTAL MILEAGE</b>	<b>RUN</b>	<b>WORKOUT</b>	<b>DAY OFF</b>	<b>WORKOUT</b>	<b>DAY OFF</b>	<b>RUN</b>	<b>RACE DAY</b>
36 miles	8 miles	Weight Training	Rest	Stretch	Rest	2 miles	Marathon
<b>18</b>	It's officially race week. Run 8 miles at an easy pace to kick it off right.	Time to dominate your last NTC workout. Make it happen with the NTC Get Toned Intermediate Kickin It.	After weeks of training, race day is almost here. You've come a long way since week 1. Take the day off to get your mind and body right.	Get a solid day of stretching in before race day with some yoga.	Only one more day of training left. Take today off, remember to relax, and get a good night's sleep.	You've arrived. Tomorrow is race day. Stay loose with a 2 mile shake-out run in your race day outfit to make sure there are no surprises with your gear.	Race day. The time to own Chicago is now. 26.2 is all that stands in your way.