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.
Before diving straight into the training plan, read all of the material to ensure you get the most out of the plan.

This 18-week training plan combines endurance, strength and speed to get you ready to tackle the Bank of America Chicago Marathon.

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 2015 Official Bank of America Chicago Marathon Training Plan:

IT’S NOT JUST ABOUT DISTANCE
This training plan is built to help you develop Speed, Endurance, Progression 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:
• Avoid doing Speed and Endurance runs on back-to-back days.
• Stay within the recommended distance ranges when you’re doing a Progression Run.
• You ran those miles. Now claim them. Share your progress with the Nike+ Running App to get cheers, motivation and encouragement from your friends.
• Find time to cross train. The N+TC App is a great way to round out your training.

TRAINING STARTS WHEN YOU START
This plan was designed on 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 2015 Bank of America Chicago Marathon.
WEEKLY WORKOUTS

To get the most out of your training, each week includes four types of workout activities.

This plan is built to be flexible to suit your schedule and energy throughout the week.

SPEED

Building speed is important during training. Throughout this plan you’ll get faster through Track sessions as well as speed and strength work.

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.

PROGRESSION

Progression Runs increase stamina and help you recover between strenuous workouts. Start at a slower pace and finish at a faster pace. If you’ve never run a Marathon before, start on the lower end of this range. If you feel like you want more that day, increase the distance.

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 N+TC workout or go for a few Progression miles.
HOW TO USE A PACE CHART

Throughout the plan, you will see references to different paces you should aim to maintain during specific workouts. Use the chart on the next page as your guide to help you understand which pace you should be running at.

GETTING STARTED:
To start, find your Best Mile Pace on the left-hand side of the table and then use the numbers to the right of it to reference the different paces you will use for various workouts. If you don’t know your Best Mile Pace, you can use the Nike+ Running App to go and track a one-mile run.

FOR EXAMPLE:
If your Best Mile Pace is 9:30 and the coaching plan recommends a specific 800 meter interval at 5k pace, your pace for that 800 meter interval should be at 10:15 per mile. If the workout asks that you run 800 meters at 10k pace, your pace for that 800 meter interval should be about 10:35 per mile.

OTHER WAYS TO FIND YOUR PACE:
You can also find your pace using this chart by starting with your latest tracked run. Find a distance and total time you’ve run most recently on the chart and use the numbers within that row to gauge your paces for the workouts in this plan.

FOR EXAMPLE:
If you know you can run 5k in 31:45, you can use the paces referenced on that same row to see which paces you will use with various workouts. Your 800 meter interval at 10k pace would be 10:35 per mile.

This is simply a guide — so don’t worry if your pace doesn’t exactly match the chart — but understanding your pace will help you get faster and improve your training overall.
# PACE CHART

<table>
<thead>
<tr>
<th>BEST MILE PACE</th>
<th>5K BEST / AVG MILE PACE</th>
<th>10K BEST / AVG MILE PACE</th>
<th>TEMPO AVG MILE PACE</th>
<th>MARATHON BEST / AVG MILE PACE</th>
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</tbody>
</table>
LONG RUN
Your Long Run builds endurance. 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.

PROGRESSION RUN
Progression Runs improve stamina and allow the body to adapt to the stress of running. Build your pace over the course of each run. Start at a slower pace and finish at a faster pace.

RECOVERY RUN
Recovery Runs both increase stamina and help you recover at the highest quality possible after intense training. Like a Progression Run, start slower and finish faster.

SPEED & STRENGTH
Both speed and strength are needed to run your best. These workouts will focus on building the endurance and strength needed to become a better runner. Long intervals, Hills, Fartleks and Tempo runs are all Speed and Strength workouts.

TRACK
The best way to improve your fastest pace is to work on it for multiple brief periods in a series of 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. Ideally this type of a workout is done on a track but it can be done just about anywhere. You may choose to use city blocks, traffic lights or even trees as interval markers.

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.

STRAIGHTS
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.

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.

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.

TEMPO
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.

TURNAROUNDS
Turnarounds are practiced during short intervals. Rather than stopping at the end of an interval, run through the line and turn around as quickly and safely as you can to start the next repeat.

SPLIT
Two different paces in one interval. For example, running a 400-meter interval, with the first 200 meters easy and the last 200 meters fast. This effectively divides the interval into two parts.
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 four key workouts – Speed, Endurance, Progression and Recovery – but prioritize Speed and Endurance workouts if you don’t have time to do everything. The only week that you need to adapt your schedule is during race week.

**IF YOU DON’T KNOW HOW TO FIGURE OUT YOUR PACE**, then experiment 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. You will be surprised just how well you know your body and its fitness level already.

**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 off after it’s over (regardless of whether or not you consider it a successful race).
This 18-week training plan combines endurance, strength and speed to get you ready to tackle the 2015 Bank of America Chicago Marathon. This plan is built for you to adapt to your experience level. You’ll schedule rest days and N+TC workouts into your routine as well.

**01 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.

**02 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.

**03 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.

**04 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.

**05 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.

**06 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.

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

**08 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.

**09 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.

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

**11 RUN CONFIDENT**
You have handled it all. Long Runs. Speed Runs. Progression Runs. It’s time to run these miles confidently.

**12 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.

**13 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.

**14 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.

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

**16 SHARPEN EVERY STEP**
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.

**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.

**18 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 for the 2015 Bank of America Chicago Marathon.
**WEEK 1: 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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**

Work on building stamina with a Progression Run. Start slow and quicken your pace over the course of your run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

- 800 meters at your 10k pace
- 400 meters at 5k pace (2x)
- 200 meters at 5k pace (4x)
- 400 meters at 5k pace (2x)
- 800 meters at your 10k pace

2-minute recovery after each 800-meter interval, 90 seconds after each 400-meter interval and 60 seconds after each 200-meter interval.

**PROGRESSION 2-5 M**

The purpose of today’s run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**SPEED HILLS**

- 1.5 mile Tempo run
- 7-minute recovery
- Long hill at your 10k pace
- Shorter hill at 5k pace
- Shortest hill at Best mile pace

Repeat hill sequence 2x, jogging back to starting place to recover in between.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

**ENDURANCE 6 M**

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**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 2: 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. 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 N+TC workouts into your routine to get fit, fast.

PROGRESSION 3-7 M

Start slow and gradually build your speed so your last mile is faster than your first for an efficient Progression Run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

SPEED TRACK

- 600 meters at 10k pace
- 500 meters at 10k pace
- 400 meters at 5k pace
- 300 meters at 5k pace
- 200 meters at 5k pace
- 100 meters as fast as you can

Repeat entire interval sequence in reverse order, giving yourself 90-second recovery between each interval.

RECOVERY

Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

SPEED STRENGTH

- 1 mile at your Tempo pace
- 800 meters at 10k pace (2x)
- 800 meters at 5k pace (2x)
- 800 meters at 10k pace (2x)

90-second recovery between each interval.

PROGRESSION 2-5 M

Use today’s run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

ENDURANCE 8 M

Get ready to go the distance on race day with your week’s longest run.

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

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
**WEEK 3 : 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. 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 N+TC workouts into your routine to get fit, fast.

### PROGRESSION 3-7 M

Progression Runs should always be run at an increasing pace: Start slow, then quicken your pace so your last mile is your fastest.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

### SPEED TRACK

- 200 meters at 5k pace (2x)
- 400 meters at Best mile pace (4x)
- 200 meters at 5k pace (2x)
- 400 meters at Best mile pace (4x)

60-second recovery between each 200-meter interval, 2 minute recovery between each 400-meter interval.

### PROGRESSION 2-5 M

Focus on control as you recover between yesterday’s workout and tomorrow’s by gradually building speed from your first mile to your last.

### RECOVERY

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

### SPEED STRENGTH

- 100-meter Strides (8x)
- 20-second rest between each Stride
- 3.5 mi Tempo run
- 5-minute rest
- 100-meter Strides (8x)
- 20-second rest between each Stride.

### ENDURANCE 6 M

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

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 4: 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 N+TC workouts into your routine to get fit, fast.

PROGRESSION

3-7 M

Work on building stamina with a Progression Run. Start slow and quicken your pace over the course of your run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

SPEED

TRACK

200 meters at 5k pace (25x)
60-second recovery between each 200-meter interval.

RECOVERY

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

SPEED

STRENGTH

1.5 mi at Tempo pace
800 meters at 5k pace (2x)
1.5 mi at Tempo pace
100-meter Strides as Turnarounds (5x)
2:30-minute recovery between each interval, except Strides.

PROGRESSION

2-5 M

The purpose of today’s run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

ENDURANCE

10 M

This is your longest run of the week. Run this distance consistently to build your endurance for 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

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 5: 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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**

Start slow and gradually build your speed so your last mile is faster than your first for an efficient Progression Run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

800 meters at 10k pace
800 meters at Tempo pace
800 meters at 5k pace
800 meters at Tempo pace
400 meters at Best mile pace
800 meters at Tempo pace
200 meters at Best mile pace (2x)
600 meters at Tempo pace

90-second recovery between each interval.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

**SPEED FARTLEK**

Follow this time-based interval sequence, alternating from an easy to a hard pace without stopping.

1-min easy pace, 1-min hard pace
2-min easy, 2-min hard
3-min easy, 3-min hard
1-min easy, 1-min hard
2-min easy, 2-min hard
3-min easy, 3-min hard
5k recovery.

**PROGRESSION 2-5 M**

Use today’s run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**ENDURANCE 8 M**

This is your longest run of the week. Run this distance consistently to build your endurance for 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**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 6: 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. 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 N+TC workouts into your routine to get fit, fast.

PROGRESSION

3-7 M

Progression Runs should always be run at an increasing pace: Start slow, then quicken your pace so your last mile is your fastest.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

SPEED

TRACK

16 x 400 meters alternating between your Best mile pace and your 5k pace.

Follow each 200-meter interval with two minutes of rest.

RECOVERY

Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

SPEED

HILLS

Run up a short hill at your Best mile pace for 25 seconds. Repeat 6x.
Run up a long hill at your 5k pace for 60 seconds. Repeat 6x.
Run up a short hill at your Best mile pace for 25 seconds. Repeat 6x.

Jog back downhill between intervals.

PROGRESSION

2-5 M

Focus on control as you recover between yesterday’s workout and tomorrow’s by gradually building speed from your first mile to your last.

ENDURANCE

10 M

Your longest run yet. Run this distance consistently to prepare your mind and body for race day.

Now that you’ve made it this far, start to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

RECOVERY

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
WEEK 7: PUSH ENDURANCE

Your endurance has improved. This week you will put it to work. Longer intervals, longer Recovery Runs and a longer Long Run are on the menu. 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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**

Work on building stamina with a Progression Run. Start slow and quicken your pace over the course of your run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

1000 meters at 10k pace
500 meters at 5k pace
500 meters at 5k pace
200 meters at one-mile pace
400 meters at 5k pace
400 meters at 5k pace
200 meters at one-mile pace (5x)

90 seconds of recovery after each interval.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

**SPEED TRACK**

100-meter Strides (8x)
1200 meters at your 10k pace (2x)
1200 meters at Marathon pace
1200 meters at 10k pace (2x)
100-meter Strides (8x)

3 minutes of recovery between each interval.

**PROGRESSION 2-5 M**

The purpose of today’s run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**ENDURANCE 12 M**

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**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 8: 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. 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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**
Start slow and gradually build your speed so your last mile is faster than your first for an efficient Progression Run.
The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**
- 1000 meters at 10k pace
- 500 meters at 5k pace
- 500 meters at 5k pace
- 200 meters at Best Mile pace
- 400 meters at 5k pace
- 400 meters at 5k pace
- 200 meters at Best Mile pace (5x)
90 seconds of recovery after each interval.

**RECOVERY**
Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

**SPEED TEMPO**
- 150-meter Strides (4x)
- 3 mile Tempo
- 150-meter Strides (4x)

**PROGRESSION 2-5 M**
Use today’s run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**ENDURANCE 14 M**
Your longest run yet. Run this distance consistently to prepare your mind and body for race day.
Now that you’ve made it this far, start to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**RECOVERY**
Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
**WEEK 9: 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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**

Progression Runs should always be run at an increasing pace: start slow, then quicken your pace so your last mile is your fastest.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

- 100 meters at Best mile pace (4x)
- 1000 meters at 5k pace
- 400 meters at 10k pace
- 100 meters at Best mile pace (4x)
- 1000 meters at 5k pace
- 100 meters at Best mile pace as Turnarounds (4x)

90-second recovery after each interval.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

**SPEED TEMPO**

Run 5 miles at your Tempo pace. Push yourself up any hills along your route, but if you’re on flat terrain then push yourself for one minute every 5 minutes.

**PROGRESSION 2-5 M**

Focus on control as you recover between yesterday’s workout and tomorrow’s by gradually building speed from your first mile to your last.

**ENDURANCE 16 M**

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

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**RECOVERY**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 10: 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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**
Work on building stamina with a Progression Run. Start slow and quicken your pace over the course of your run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**
16 x 200 meters alternating between your Best mile pace and your 5k pace.

Follow each 200-meter interval with 90 seconds of rest.

**RECOVERY**
Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

**SPEED HILLS**
Run up and over a hill 9x.

Don’t just stop at the top of the hill — run for an additional 20 seconds when you reach the top.

**PROGRESSION 2-5 M**
The purpose of today’s run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

**ENDURANCE 18 M**
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. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**RECOVERY**
Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
WEEK 11: RUN CONFIDENT

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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**

Start slow and gradually build your speed so your last mile is faster than your first for an efficient Progression Run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

200 meters at Best mile pace (2x)
Split 800-600 meters at 5k pace
Split 200 meters at Best mile pace
400 meters at 5k pace
Split 800-600 meters at 5k pace
Split 200 meters at Best mile pace
400 meters at 5k pace
200 meters at Best mile pace (2x)
60-second recovery after 200-meter intervals. 2-minute recovery after all other intervals.

**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

**SPEED TRACK**

1 mile at 10k pace
400 meters at Best mile pace
800 meters at 5k pace
Follow each interval with 3 minutes of recovery.
Repeat series 2x.

**PROGRESSION 2-5 M**

Use today’s run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**ENDURANCE 14 M**

This is your longest run of the week. Run this distance consistently to build your endurance for race day.

Remember to pay more attention to the quality of your pace over the course of your runs. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**RECOVERY**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 12 : 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. 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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**

Progression Runs should always be run at an increasing pace: start slow, then quicken your pace so your last mile is your fastest.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

- 400 meters at 10k pace
- 400 meters at 10k pace (2x)
- 400 meters at Best mile pace

2-minute recovery between each interval.
Repeat series 5x.

**RECOVERY**

Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

**SPEED FARTLEK**

1 mile at your Tempo pace
Follow with this Fartlek sequence:
- 1-min at a hard pace, 3-sec easy pace
- 2-min hard, 1-min easy
- 3-min hard, 1:30-min easy
- 3-min hard, 1:30-min easy
- 2-min hard pace, 1-min easy
- 1-min at a hard pace, 30-sec easy
- 1 mile meters at Tempo pace

**PROGRESSION 2-5 M**

Focus on control as you recover between yesterday’s workout and tomorrow’s by gradually building speed from your first mile to your last.

**ENDURANCE 18 M**

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. Try to maintain a pace that is 60-90 seconds slower than your goal pace for race day.

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
WEEK 13: 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.

*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 N+TC workouts into your routine to get fit, fast.*

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**PROGRESSION 3-7 M**

Work on building stamina with a Progression Run. Start slow and quicken your pace over the course of your run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

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**SPEED TRACK**

- 200 m at Best mile pace, 45-sec recovery
- 800 m at 10k pace, 2-min recovery
- 200 m at Best mile pace, 45-sec recovery
- 600 m at 10k pace, 2-min recovery
- 200 m at Best mile pace, 45-sec recovery
- 400 m at 10k pace, 2-min recovery
- 800 m at 5k pace, 45-sec recovery
- 200 m at Best mile pace, 2-min recovery
- 600 m at 5k pace, 45-sec recovery
- 200 m at Best mile pace, 2-min recovery

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**RECOVERY**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

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**SPEED FARTLEK**

- 1000 meters at 10k pace
- 1000 meters at Tempo pace
- 1000 meters at 10k pace
- 1000 meters at Tempo pace
- 1000 meters at 10k pace
- 1000 meters at Tempo pace
- 100-meter Strides
- 2-minute rest between each interval.
- 30 seconds between Strides.

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**PROGRESSION 2-5 M**

The purpose of today’s run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

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**ENDURANCE 14 M**

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 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.

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**RECOVERY**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
**WEEK 14 : 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 N+TC workouts into your routine to get fit, fast.*

**PROGRESSION 3-7 M**

Start slow and gradually build your speed so your last mile is faster than your first for an efficient Progression Run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

- 300 meters at Best mile pace, 45-sec recovery
- 400 meters at 5k pace, 2-min recovery
- 500 meters at 5k pace, 2-min recovery
- 600 meters at 10k pace, 2-min recovery
- 500 meters at 5k pace, 2-min recovery
- 400 meters at 5k pace, 2-min recovery
- 300 meters at Best mile pace, 45-sec recovery

**RECOVERY**

Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

**SPEED TEMPO**

- 4 mile Progression Run at Tempo pace
- 100-meter Strides (8x)

**PROGRESSION 2-5 M**

Use today’s run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**ENDURANCE 20-22 M**

Get ready to go the distance on race day with your week’s longest run.

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.

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
Week 15: 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 N+TC workouts into your routine to get fit, fast.

**Recovery**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

**Progression**

**3-7 M**

Progression Runs should always be run at an increasing pace: start slow, then quicken your pace so your last mile is your fastest.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED**

**Track**

Start out your session with a 2 mile time trial—running at your race-day pace. 10-minute recovery after 2 miles. 200 meters at 10k pace 200 meters at 5k pace 200 meters at Best mile pace 200 meters at 10k pace 200 meters at 5k pace 200 meters at Best mile pace

60-second recovery between intervals

**Endurance**

**16 M**

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 four 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**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.

**Performance**

**2-5 M**

Focus on control as you recover between yesterday’s workout and tomorrow’s by gradually building speed from your first mile to your last.

Progression runs should always be run at an increasing pace: start slow, then quicken your pace so your last mile is your fastest.

The importance of these Progression runs is to run at a pace you feel most comfortable.

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 N+TC workouts into your routine to get fit, fast.
WEEK 16: SHARPEN EVERY STEP

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 N+TC workouts into your routine to get fit, fast.

PROGRESSION

3-7 M

Work on building stamina with a Progression Run. Start slow and quicken your pace over the course of your run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

SPEED

TRACK

Run 1 mile: Alternate running 200 meters at Tempo pace then 200 meters at Best mile pace. Follow with 4-minute recovery.

Run 1200m: 200m at Tempo pace then 200m at Best mile pace, 3-minute recovery.

Run 800m: 200m at Tempo pace then 200m at Best mile pace, 2-minute recovery.

Run 400m: 200m at Tempo pace then 200m at Best mile pace.

RECOVERY

Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

SPEED

HILLS

Run uphill for 2 minutes—preferably 90 seconds up and 30 seconds over a crest. Repeat 6x.

If you don't have a hill, do a 2-minute Progression Run that builds from a 10k to a Best mile pace and repeat 6x.

Whether on a hill or flat, allow for a full recovery between intervals.

PROGRESSION

2-5 M

The purpose of today’s run is to recover after your last workout. Gradually build up speed so your last mile is your fastest.

ENDURANCE

12 M

Get ready to go the distance on race day with your week’s longest run.

For the last three 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

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.
week 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 N+TC workouts into your routine to get fit, fast.

**Recovery**

Today is about recovering. Give your body what it craves by running a few Progression miles, doing a N+TC workout or take the day off.

**Progression 3-7 M**

Start slow and gradually build your speed so your last mile is faster than your first for an efficient Progression Run.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**Sprint Track**

200 meters at Best mile pace (4x)
400 meters at 10k pace (2x)
200 meters at 5k pace (4x)
400 meters at 10k pace (2x)
200 meters at Best mile pace (4x)

60-second recovery between each interval.

**Endurance 10 M**

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

For the last two 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.

**Sprint Track**

1.5 mile Progression Run.
100-meter Strides (2x)
1000 meters at Tempo pace
100-meter Strides (2x)
1000 meters at Tempo pace
1.5 mile Progression Run.

**Progression 2-5 M**

Use today’s run to recover as efficiently as possible. Build your speed gradually so your first mile is your slowest and your last is your fastest.

**Recovery**

Give your body what it craves today by running a few easy miles, doing a N+TC workout or take the day off.
WEEK 18: 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 on the 2015 Bank of America Chicago Marathon.

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 N+TC workouts into your routine to get fit, fast.

**PROGRESSION 3-7 M**

Progression Runs should always be run at an increasing pace: start slow, then quicken your pace so your last mile is your fastest.

The importance of these Progression Runs is to run at a pace you feel most comfortable.

**SPEED TRACK**

- 200 meters at Best mile pace (2x)
- 400 meters at 5k pace (2x)
- 800 meters at 10k pace
- 400 meters at Marathon pace (2x)
- 200 meters at Best mile pace (2x)

2-minute recovery between each interval.

**RECOVERY**

Easy does it. Run a few Progression miles, do a N+TC workout or take the whole day off.

**SPEED TRACK**

- 2 mile Progression Run
- 100-meter Strides (8x)
- 1 mile Progression Run

**RECOVERY**

Go for a few Progression miles, do a N+TC workout or take the whole day off. Give your body what it craves today.

**PROGRESSION 3 M**

Focus on control as you recover between yesterday’s workout and tomorrow’s by gradually building speed from your first mile to your last.

**RACE DAY MARATHON**

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 on the 2015 Bank of America Chicago Marathon.
Combining Speed, Endurance, Progression 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 2015 Bank of America Chicago Marathon.

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