

STUDENTS RUN CHICAGO

2022 TRAINING SCHEDULE - SATURDAY GROUP RUNS

WEEK	DATE	TIME (a.m.)	LOCATION/DESCRIPTION	DISTANCE (miles)
1	4/16	9:00	Students Only Orientation Fun Run	2
2	4/23	9:00	Students Only 1 mile Pace Test/Run	2
3	4/30	9:00	Students Only Makeup Pace Test/Run	2
4	5/7	9:00	First Run with mentors and students - 31 st Street	3
5	5/14	9:00	Montrose	4
6	5/21	8:00	Little Village 5K Race	3.1
7	5/28	8:00	Montrose	5

8	6/4	8:00		5
9	6/11	7:00	Start of 18-Week Full Marathon Training	6
10	6/18	7:00		7
11	6/25	7:00	Proud to Run 10K Race 601 W. Montrose	6.2
12	7/2	7:00	31 st Street	9
13	7/9	7:00		10
14	7/16	7:00	31 st Street	7
15	7/23	7:00		12
16	7/30	TBA	Race and Location TBA	13.1 Half Marathon
17	8/6	6:00		10

18	8/13	6:00		15
19	8/20	6:00		16
20	8/27	6:00		12
21	9/3	6:00		18
22	9/10	6:00		14
23	9/17	6:00	20 Miler Event Race CES -	20
24	9/24	6:00	Taper	12
25	10/1	6:00	Start Rehearsal Group Meeting at CAA	8
26	10/9 SUNDAY	5:30	Bank of America Chicago Marathon	26.2

2022 TRAINING SCHEDULE
FULL CALENDAR with Mid-Week Runs

Week	Sun date:	Sun	Mon	Tue	Wed	Thu	Fri	Sat (Hal Higdon plan)	Sat date:
1	4/10/22	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	2 mi run	4/16/22
2	4/17/22	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	2 mi run	4/23/22
3	4/24/22	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	2 mi run	4/30/22
4	5/1/22	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	3 mi run	5/7/22
5	5/8/22	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	4 mi run	5/14/22
6	5/15/22	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	3.1 mi run	5/21/22
7	5/22/22	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	5 mi run	5/28/22
8	5/29/22	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	Rest	5 mi run	6/4/22

9	6/5/22	Cross	3 mi run	Rest	3 mi run	3 mi run	Rest	6 mi run	6/11/22
10	6/12/22	Cross	3 mi run	Rest	3 mi run	3 mi run	Rest	7 mi run	6/18/22
11	6/19/22	Cross	3 mi run	Rest	4 mi run	3 mi run	Rest	6.2 mi race	6/25/22
12	6/26/22	Cross	3 mi run	Rest	4 mi run	3 mi run	Rest	9 mi run	7/2/22
13	7/3/22	Cross	3 mi run	Rest	5 mi run	3 mi run	Rest	10 mi run	7/9/22
14	7/10/22	Cross	3 mi run	Rest	5 mi run	3 mi run	Rest	7 mi run	7/16/22
15	7/17/22	Cross	3 mi run	Rest	6 mi run	3 mi run	Rest	12 mi run	7/23/22
16	7/24/22	Cross	3 mi run	Rest	6 mi run	3 mi run	Rest	Half Race	7/30/22
17	7/31/22	Cross	3 mi run	Rest	7 mi run	4 mi run	Rest	10 mi run	8/6/22
18	8/7/22	Cross	3 mi run	Rest	7 mi run	4 mi run	Rest	15 mi run	8/13/22
19	8/14/22	Cross	4 mi run	Rest	8 mi run	4 mi run	Rest	16 mi run	8/20/22
20	8/21/22	Cross	4 mi run	Rest	8 mi run	5 mi run	Rest	12 mi run	8/27/22
21	8/28/22	Cross	4 mi run	Rest	9 mi run	5 mi run	Rest	18 mi run	9/3/22
22	9/4/22	Cross	5 mi run	Rest	9 mi run	5 mi run	Rest	14 mi run	9/10/22

23	9/11/22	Cross	5 mi run	Rest	10 mi run	5 mi run	Rest	20 mi run CES	9/17/22
24	9/18/22	Cross	5 mi run	Rest	8 mi run	4 mi run	Rest	12 mi run	9/24/22
25	9/25/22	Cross	4 mi run	Rest	6 mi run	3 mi run	Rest	8 mi run	10/1/22
26	10/2/22	Cross	3 mi run	Rest	4 mi run	2 mi run	Rest	Rest	10/8/22
27	10/9/22	BOA Chicago Marathon							