Week	Sun date:	Sun	Mon	Tue	Wed	Thu	Fri	Sat (Hal Higdon plan)	Sat date:	"NOTES"
1	3/31/24	25 min walk	Rest	1.5 mi run	Rest	1.5 mi run	Rest	1 mi: new 2mi: alumni	4/6/24	Easy fun run 39TH ST. 9am
2	4/7/24	30 min walk	Rest	1.5 mi run	Rest	1.5 mi run	Rest	1 mi: new 2mi: alumni	4/13/24	Pace test one mile 39TH ST 9am
3	4/14/24	35 min walk	Rest	2 mile run	Rest	1.5 mi run	Rest	2 mi run	4/20/24	39TH ST.9am
4	4/21/24	40 min walk	Rest	2.5 mile run	Rest	1.5 mi run	Rest	3 mi run	4/27/24	Montrose 9am
5	4/28/24	45 min walk	Rest	2.5 mile run	Rest	2 mi run	Rest	3 mi run	5/4/24	39TH ST 9am
6	5/5/24	50 min walk	Rest	3 mi run	Rest	2 mi run	Rest	4 mi run	5/11/24	39TH ST 9am
7	5/12/24	60 min walk	Rest	3 mi run	Rest	2 mi run	Rest	**5K RACE**	5/18/24	**Little Village 5k Race 8am**
8	5/19/24	Rest	2.5 mi run	Rest or run/walk	2 mi run	2.5 mi run	Rest	5 mi run	5/25/24	39TH ST 9am
9	5/26/24	Rest	3 mi run	Rest or run/walk	2 mi run	3 mi run	Rest	6 mi run	6/1/24	Montrose 9am
10	6/2/24	Rest	3 mi run	Rest or run/walk	2 mi run	3 mile run	Rest	6 mi run	6/8/24	39th St 8am
11	6/9/24	Rest	4 mi run	Rest	3 mi run	4 mi run	Rest	7 mi run	6/15/24	39th St 8am
12	6/16/24	Rest	5 mi run	Rest	3 mi run	5 mi run	Rest	**10K RACE**	6/22/24	**Proud to Run 10k Montrose (??)**
13	6/23/24	**10K race**	4.5 mi run	Rest	3 mi run	4.5 mi run	Rest	8 mi run	6/29/24	39th St. 7am
14	6/30/24	Rest	5 mi run	Rest	3 mi run	5 mi run	Rest	10 mi run	7/6/24	39th St. 7am
15	7/7/24	Rest	5 mi run	Rest	3 mi run	5 mi run	Rest	12 mi run	7/13/24	Avoid 39th St with BIG10k race
16	7/14/24	Rest	3 mi run	Rest	5 mi run	3 mi run	Rest	**HALF MARATHON**	7/20/24	**Christmas in July Elk Grove Village 7am**
17	7/21/24	Rest	3 mi run	Rest	6 mi run	4 mi run	Rest	10 mi run	7/27/24	39th St. 6am
18	7/28/24	Rest	3 mi run	Rest	6 mi run	3 mi run	Rest	12 mi run	8/3/24	Montrose 6am(avoid 39th St block party)
19	8/4/24	Rest	3 mi run	Rest	7 mi run	4 mi run	Rest	13 mi run	8/10/24	39th St. 6am
20	8/11/24	Rest	3 mi run	Rest	7 mi run	4 mi run	Rest	15 mi run	8/17/24	Montrose 6am
21	8/18/24	Rest	4 mi run	Rest	8 mi run	4 mi run	Rest	16 mi run	8/24/24	39th St. 6am
22	8/25/24	Rest	4 mi run	Rest	8 mi run	5 mi run	Rest	12 mi run	8/31/24	39th St 6am(avoid kids tri at Montrose)
23	9/1/24	Rest	4 mi run	Rest	9 mi run	5 mi run	Rest	18 mi run	9/7/24	Montrose 6am
24	9/8/24	Rest	5 mi run	Rest	9 mi run	5 mi run	Rest	14 mi run	9/14/24	39th St. 6am
25	9/15/24	Rest	5 mi run	Rest	10 mi run	5 mi run	Rest	**20 mi run CES**	9/21/24	**Lincoln Park: CES 20 MILE PREP RUN**
26	9/22/24	Rest	5 mi run	Rest	8 mi run	4 mi run	Rest	12 mi run	9/28/24	Montrose 6am. Family BBQ post-run.
27	9/29/24	Rest	4 mi run	Rest	6 mi run	3 mi run	Rest	8 mi run	10/5/24	Grant Park 6am: Marathon Dress Rehearsa
28	10/6/24	Rest	3 mi run	Rest	4 mi run	2 mi run	Rest	Rest	10/12/24	TBD
29	10/13/24	**BOA Chi Marathon**								Grant Park