Week	Sun date:	Sun	Mon	Tue	Wed	Thu	Fri	Sat (Hal Higdon plan)	Sat date:	"NOTES"
1	3/30/25	25 min walk	Rest	1.5 mi run	Rest	1.5 mi run	Rest	1 mi: new 2mi: alumni	4/5/25	easy fun run 39TH ST. 9am
2	4/6/25	30 min walk	Rest	1.5 mi run	Rest	1.5 mi run	Rest	1 mi: new 2mi: alumni	4/12/25	pace test one mile 39TH ST 9am
3	4/13/25	35 min walk	Rest	2 mile run	Rest	1.5 mi run	Rest	2 mi run	4/19/25	39TH ST.9am. Form pace groups
4	4/20/25	40 min walk	Rest	2.5 mile run	Rest	1.5 mi run	Rest	3 mi run	4/26/25	Montrose 9am
5	4/27/25	45 min walk	Rest	2.5 mile run	Rest	2 mi run	Rest	3 mi run	5/3/25	39TH ST 9am
6	5/4/25	50 min walk	Rest	3 mi run	Rest	2 mi run	Rest	4 mi run	5/10/25	39TH ST 9am
7	5/11/25	60 min walk	Rest	3 mi run	Rest	2 mi run	Rest	**5K RACE**	5/17/25	**Little Village 5k Race 8am**
8	5/18/25	Rest	2.5 mi run	Rest or run/walk	2 mi run	2.5 mi run	Rest	5 mi run	5/24/25	39TH ST 9am
9	5/25/25	Rest	3 mi run	Rest or run/walk	2 mi run	3 mi run	Rest	6 mi run	5/31/25	**Garfield Park 8:30am. Medal setup for 13.1 Race.**
10	6/1/25	Rest	3 mi run	Rest or run/walk	2 mi run	3 mile run	Rest	6 mi run	6/7/25	Montrose 9am
11	6/8/25	Rest	4 mi run	Rest	3 mi run	4 mi run	Rest	7 mi run	6/14/25	39th St 8am
12	6/15/25	Rest	5 mi run	Rest	3 mi run	5 mi run	Rest	8 mi run	6/21/25	39th St 8am
13	6/22/25	Rest	4.5 mi run	Rest	3 mi run	4.5 mi run	Rest or easy run	Rest	6/28/25	**Proud to Run 10k Montrose 7am**
14	6/29/25	**10K race**	5 mi run	Rest	3 mi run	5 mi run	Rest	10 mi run	7/5/25	39th St. 7am
15	7/6/25	Rest	5 mi run	Rest	3 mi run	5 mi run	Rest	12 mi run	7/12/25	Montrose 7am.(avoid 39th St with BG10k race)
16	7/13/25	Rest	3 mi run	Rest	5 mi run	3 mi run	Rest	**HALF MARATHON**	7/19/25	**Christmas in July Elk Grove Village 7am**
17	7/20/25	Rest	3 mi run	Rest	6 mi run	4 mi run	Rest	10 mi run	7/26/25	39th St. 6am
18	7/27/25	Rest	3 mi run	Rest	6 mi run	3 mi run	Rest	12 mi run	8/2/25	Montrose 6am(avoid 39th St block part
19	8/3/25	Rest	3 mi run	Rest	7 mi run	4 mi run	Rest	13 mi run	8/9/25	39th St. 6am
20	8/10/25	Rest	3 mi run	Rest	7 mi run	4 mi run	Rest	15 mi run	8/16/25	Montrose 6am
21	8/17/25	Rest	4 mi run	Rest	8 mi run	4 mi run	Rest	16 mi run	8/23/25	39th St 6am(avoid kids tri at Montrose)
22	8/24/25	Rest	4 mi run	Rest	8 mi run	5 mi run	Rest	12 mi run	8/30/25	39th St 6am
23	8/31/25	Rest	4 mi run	Rest	9 mi run	5 mi run	Rest	18 mi run	9/6/25	Montrose 6am
24	9/7/25	Rest	5 mi run	Rest	9 mi run	5 mi run	Rest	14 mi run	9/13/25	39th St. 6am
25	9/14/25	Rest	5 mi run	Rest	10 mi run	5 mi run	Rest	**20 mi run CES**	9/20/25	**Lincoln Park: CES 20 MILE PREP RU**
26	9/21/25	Rest	5 mi run	Rest	8 mi run	4 mi run	Rest	12 mi run	9/27/25	Montrose 6am. Family BBQ post-run.
27	9/28/25	Rest	4 mi run	Rest	6 mi run	3 mi run	Rest	8 mi run	10/4/25	Grant Park 6am: Marathon Dress Rehe
28	10/5/25	Rest	3 mi run	Rest	4 mi run	2 mi run	Rest	Rest	10/11/25	
29	10/12/25	**BOA Chi Marathon**								Grant Park