

# SUMMER MARATHON TRAINING

18-WEEK TRAINING GUIDE

TRAINING GUIDE 2024

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WELCOME!

# WELCOME!

Welcome to the 2024 Summer Marathon Training Program!

Last year over 2400 runners joined us for Summer marathon training! In fact, 4% of all finishers at the 2023 Bank of America Chicago Marathon were CARA Trained. CARA group training is proven to help runners get to the start line and through the finish with a level of confidence, fitness, and preparedness beyond what your average marathoner can expect. CARA training continues to be successful due to the support we're able to provide for our runners through a friendly training environment, coaching, hydration support, pace support, education, and Physical Therapy support with Rush PT.

As you enter CARA training you will work with our experienced and encouraging group leaders. They have all been in your shoes at one time and are here to help get you to race day. CARA leaders not only help keep your pace but they make the journey memorable and enjoyable.

This guide includes multiple training plan options for various ability levels and goal times, along with information on how to select your training plan and training paces. Additionally, the guide provides valuable information on injury prevention, strength training and stretching.

For questions regarding how to select a training plan that is right for you or for any general running questions please contact: Manager of Coaching & Training Programs, James Diamond.

**Email: [training@cararuns.org](mailto:training@cararuns.org)**

# IMPORTANT DATES



GATORADE



**May 27**

Packet Pickup Begins

**June 10**

Training Plans Begin

**June 12**

First Group Track Workout

**June 15-16**

First Group Long Run

**June 23**

Packet Pickup Ends

**September 22**

Ready To Run 20 Miler

**October 13**

PUMA's Marathon VIP Experience  
Bank of America Chicago Marathon

IMPORTANT DATES



# GROUP LONG RUNS

Each weekend we will meet for long runs where you will be organized into groups based on your self-selected training pace (not goal race pace). You will want to train with others running your same training pace and typically they have a similar goal time to you as well. When you arrive to your training site, pace groups will have pace signs to help you find your training group.

The long run progressions in the training plans have multiple weeks where it will increase. However, there are also "step back" weeks which allow for recovery and adaptation to the overall training.

Selecting your training pace should be based on your fitness level and experience as well as past race performances and your current goals.

Once you have selected a pace group you may need to spend a few weeks making adjustments to different groups until you find the right pace for you.

Pace groups range from 7:30 to 11:30 pace per mile, and 12:00 to 13:00 pace per mile run/walk.

Some general running etiquette to keep in mind:

- Follow a 2x2 (no more than two persons side-by-side) running pattern
- If you need to pass someone on the path or trail, move to single file and pass on the left; avoid "swarming" (passing on both sides)
- Do not spit or blow nose while running in the group; move away from others (at least six feet)
- Be aware; avoid using headphones and be cognizant of other runners, bikers, or pedestrians on the paths and trails
- Look and listen for pace Group Leader signals and instructions during the run



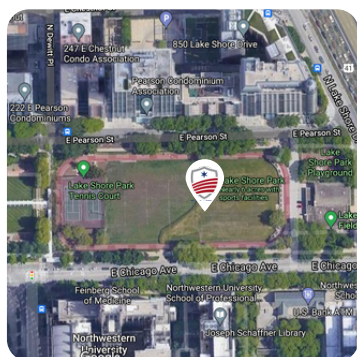
# LONG RUN CHECKLIST

- Running clothes
- Shoes & socks
- Shoe tag
- Hydration (bottle, collapsable cup, backpack, etc.)
- Gels and Fuel (recommended for any long run over 1:30:00)
- Suncare (sun glasses, sunscreen, hat, etc.)
- Additional personal items (chafing cream/gel, bandaids/blister covers, inhaler, etc.)
- Reviewed long run mileage and weather for the day

# TRACK WORKOUTS

Track workouts are a great way to improve your running and overall fitness. They help to break up the mileage during the week and keep you engaged with the CARA community between the weekly long runs. The benefits of track workouts are numerous, including improvements in leg turnover, running efficiency, aerobic power, and lactate threshold. All participants are welcome to join these workouts regardless of pace or ability level.

Track workouts are typically intervals ranging from 200m up to 1 Mile (1 track lap is 400m). The intervals are run at various paces from 1 Mile race pace to full marathon pace. Just like weekend long runs, we will organize into groups based on training paces. Each group will have specific training times to target for each interval. Each runner is allowed to self-select what group they want to run with based on current fitness and how they are feeling that day.



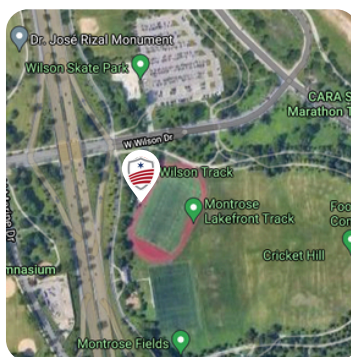
## Chicago-Lake Shore Park Track

Wednesdays – 6:00 a.m.

Location: Lakeshore Shore Park

808 N. Lake Shore Dr.

Coach: James Diamond

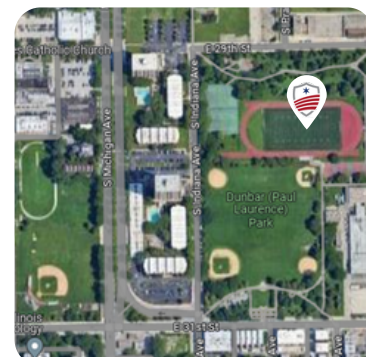


## Chicago-Wilson Track

Wednesdays – 6:30 p.m.

Location: Corner of Wilson Dr. and  
Lake Shore Dr.

Coaches: James Diamond & Janet  
Julien



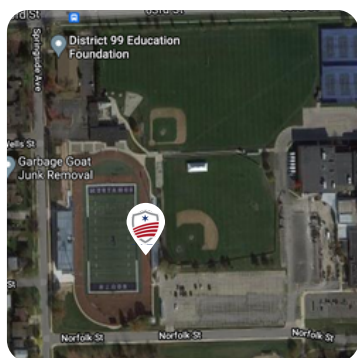
## Chicago-Dunbar Track

Wednesdays – 6:00 p.m.

Location: Dunbar Park

300 E 31st St.

Coach: Pedro Leon

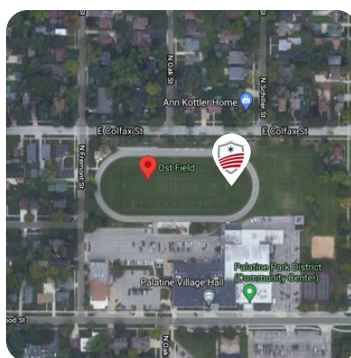


## Woodridge

Wednesdays – 6:00 p.m.

Location: Thomas Jefferson Jr. HS  
7200 Janes Ave.

Coaches: Heather Zeigler &  
Lori Wright



## Palatine

Wednesdays – 6:30 p.m.

Location: Ost Field  
200 E Colfax St.

Coach: Tim McDonald



## Oak Forest

Wednesdays – 6:00 p.m.

Location: Shepard High School  
13049 S Ridgeland Ave.

Coach: David Mauger



# CHOOSING A TRAINING PLAN

This guide includes six distinct plans geared towards multiple ability levels. Choose your training plan based on your own individual goals, experience, current fitness level, and how many times you would like to run per week. Below are some general guidelines and details for each of the six training plans (Run/Walk, Novice I, Novice II, Intermediate, Advanced, Advanced II) and how to determine which one fits best for you.

## Run/Walk:

- Current Training Level: Beginning to run or preferred method of training
- Training goal: Safely complete marathon; prevent injury

## Novice I

- Current Training Level: Beginning to run or running 1-2 x per week
- Training goal: First timer; complete full marathon

## Novice II

- Current Training Level: Running 3-4 x per week
- Training goal: Improve time; increase training

## Intermediate

- Current Training Level: Running 4-5 x per week
- Training goal: Improve time; increase training

## Advanced

- Current Training Level: Running 5-7 x per week; experience with speedwork/tempo runs
- Training goals: Compete well in age group; run a Boston Marathon qualifying time

## Advanced II

- Current Training Level: Years of training experience, already a Boston Qualifier
- Training goals: For runners targeting sub-3:15 for women and sub-2:52 for men

	Run/Walk	Novice I	Novice II	Intermediate	Advanced	Advanced II
Highest Mileage Week	40 mi	40 mi	40 mi	50 mi	60 mi	65-70 mi
First Long Run	6 mi	6 mi	6 mi	8 mi	10 mi	10 mi
Longest Run	20 mi	20 mi	20 mi	20 mi	20 mi	22 mi
Runs Per Week	4	4	4	5	6	6-7
Workouts Per Week	N/A	N/A	1 track workout	1 track workout	1 track workout, 1 tempo workout	1 track workout, 1 tempo, occasional long run workouts
20 Mile Runs	1	1	2	2	3	3

# CHOOSING YOUR TRAINING GOAL & PACE

Before making a decision on your training plan it is also important to keep in mind two specific paces you will want to identify for yourself. While you may have a specific full marathon goal time in mind before you start your training, you will not always be running at that pace. Instead, you will be running at a self-selected training pace that is typically 1-2 minutes slower than your goal race pace. This is done for many reasons, mainly for the sustainability of your training and to avoid injury or burnout. However, as marathon times increase, long run training pace and goal marathon pace tend to merge closer together.

Example: For a 4:00:00 hr marathon runner, their goal race pace would be 9:09 per mile, while their training pace would be closer to 10:35-10:05 per mile. Thus, a pace group running 10:30 per mile would be the best fit to start.

## How do you know when you need to move to a faster pace group?

- You are easily completing the distance at your current pace
- You typically have to slow yourself down to stay with your pace group
- You complete each run not really feeling tired or challenged

## How do you know when you need to move to a slower pace group?

- You are having trouble keeping up with your group
- You feel the pace is fast and have a hard time finding a good breathing rhythm
- You feel extremely tired and sore after each long run



# TRAINING TERMS

## Long Runs (referred to as "@LR" in training plan)

Long Runs are designed to focus on building your cardiovascular system and improving your heart as a pump and ability to carry oxygen to the rest of your body. Pace should feel like you can easily hold a conversation. The effort will steadily increase the longer you run and depend on weather conditions and hydration levels.

- 60-70% Effort Level
- 65-75% of Maximal Heart Rate
- 1-2 minutes slower than goal full marathon pace

## Easy Run (referred to as "@E" in training plan)

Easy runs are designed to help you recover from long runs and hard workouts but also help you maintain and build your cardiovascular system. Pace should feel conversational and not labored at all. Typically due to the shorter distance you can average a faster pace than your long runs.

- 60-75% Effort Level
- 70-75% of Maximal Heart Rate
- 60-90 seconds slower than goal full marathon pace

## Tempo Runs

Tempo runs are more challenging training runs that specifically work on reducing your body's production and improve the clearing of lactic acid over long periods of time. You should feel fast but comfortable. Tempo runs are assigned as: "@TP" - The pace ranging between a 1 hour and a half marathon race, and "@MP" - This is a pace ranging between your current and goal marathon race pace.

## Track Workouts

Track workouts are designed to help develop your aerobic power, running economy, and lactate threshold. While these workouts are challenging they are not meant to be all-out efforts. Track workout paces are assigned as: "@1mi" - The pace you can run for a 1 mile race, "@5k" - The pace you can run for a 5k race, "@10k" - The pace you can run for a 10k race, and "@TP" - The pace you can hold for a 1 hour race.

Each week you can find a breakdown of what your goal pace should be for each interval based on your current fitness level.

## Rest Days

When rest days are listed on the training plan, it means you should take a complete day off from exercise. Rest your legs and allow them to recover before the next run. Spend time focusing on recovery modalities, like foam rolling, stretching, icing etc. These activities will help you recover faster and you will feel better on your next run.

# TRAINING TERMS, CONT.

## Cross Training

You will hear runners refer to cross training throughout the season, which is any sort of aerobic activity that's not running. This plan does not specifically assign cross training, since cross training needs are highly individualized based on an athlete's background, goals, and injury history. If you are interested in incorporating cross training into your plan reach out to [training@cararuns.org](mailto:training@cararuns.org).

## Warmup

- Before each speed workout: at least 1-2 miles of easy running; heart rate should stay low
- Before tempo runs: at least a 2-mile warmup; helps metabolically prime your body and add mileage to the total workout for the day

## Cooldown

- After each speed workout: at least 1-2 miles of easy running
- After tempo runs: at least a 2-mile cooldown
- Proper cooldowns will promote circulation throughout your body as you recover. Simply stopping after a workout can lead to blood pooling in your legs and increased stiffness.

## Dynamic Stretching

Before each long run and track workouts, it is recommended you do about 5 minutes of light dynamic stretching. This allows the body to warm-up and works on increasing your range of motion so you are more prepared to start running.

## Strength Training and Core

Strength training and core work are highly recommended as you train for your marathon because they improve strength in your running muscles and decrease the risk of injury from overuse. (See page 30)

## Stretching

Stretching continues to be one of the most overlooked aspects of running due to poor running research and information. Your running stride is directly impacted by your flexibility or lack thereof. Stretching and improving your overall flexibility is a great way to prevent hamstring strains and tears. Stretching can also help improve your stride by increasing your stride length which allows your joints to move through a larger range of motion. Just 5-10 minutes of stretching can go a long way toward improving stride length, injury resistance, and flexibility. (See RUSH Physical Therapy page 34-35)

# TRAINING TERMS, CONT.

## Strides

These should be completed before the track workouts and can be done before tempo runs. These are short intervals of 50-100 meters at 80-85% intensity, with equal distance walking/jogging recovery. The goal of strides is to warm up the muscles and explore a large range of motion at a lower intensity before going straight into the workout intervals.

## Speed Development Sprints

Assigned only for Advance II runners. These short sprints are meant to be completed at 95-100% effort and can be done on any surface including up a hill. However, runners who have never done sprints before can start at 90% effort for the first couple sessions. Runners should feel fully recovered going into each interval and should take a minimum of 90 seconds between intervals and up to 4 minutes if that's what they need to feel recovered. Improve your top speed, recruit fast twitch fibers, and strengthen the central nervous system.



# RUN/WALK

See pace chart on page 20 for specific pace breakdown.

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 10-16	3mi @Run 2, Walk 1	Rest or Strength	3mi @Run 2, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	6mi @Run 4, Walk 1	Rest
<b>Week 2</b> June 17-23	3mi @Run 2, Walk 1	Rest or Strength	3mi @Run 2, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	7mi @Run 4, Walk 1	Rest
<b>Week 3</b> June 24-30	3mi @Run 2, Walk 1	Rest or Strength	4mi @Run 2, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	5mi @Run 4, Walk 1	Rest
<b>Week 4</b> July 1-7	3mi @Run 2, Walk 1	Rest or Strength	4mi @Run 2, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	9mi @Run 4, Walk 1	Rest
<b>Week 5</b> July 8-14	3mi @Run 2, Walk 1	Rest or Strength	5mi @Run 2, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	10mi @Run 4, Walk 1	Rest
<b>Week 6</b> July 15-21	3mi @Run 2, Walk 1	Rest or Strength	5mi @Run 4, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	7mi @Run 4, Walk 1	Rest
<b>Week 7</b> July 22-28	3mi @Run 2, Walk 1	Rest or Strength	6mi @Run 2, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	12mi @Run 4, Walk 1	Rest
<b>Week 8</b> July 29-Aug 4	3mi @Run 2, Walk 1	Rest or Strength	6mi @Run 4, Walk 1	3mi @Run 2, Walk 1 + Strength	Rest	13mi @Run 4, Walk 1	Rest
<b>Week 9</b> Aug 5-11	3mi @Run 3, Walk 1	Rest or Strength	7mi @Run 3, Walk 1	4mi @Run 2, Walk 1 + Strength	Rest	10mi @Run 4, Walk 1	Rest
<b>Week 10</b> Aug 12-18	3mi @Run 3, Walk 1	Rest or Strength	7mi @Run 3, Walk 1	4mi @Run 2, Walk 1 + Strength	Rest	15mi @Run 4, Walk 1	Rest
<b>Week 11</b> Aug 19-25	4mi @Run 3, Walk 1	Rest or Strength	8mi @Run 4, Walk 1	4mi @Run 2, Walk 1 + Strength	Rest	16mi @Run 4, Walk 1	Rest
<b>Week 12</b> Aug 26- Sep 1	4mi @Run 4, Walk 1	Rest or Strength	8mi @Run 4, Walk 1	4mi @Run 2, Walk 1 + Strength	Rest	12mi @Run 4, Walk 1	Rest
<b>Week 13</b> Sep 2-8	4mi @Run 4, Walk 1	Rest or Strength	9mi @Run 4, Walk 1	4mi @Run 2, Walk 1 + Strength	Rest	18mi @Run 4, Walk 1	Rest
<b>Week 14</b> Sep 9-15	5mi @Run 4, Walk 1	Rest or Strength	9mi @Run 4, Walk 1	5mi @Run 2, Walk 1 + Strength	Rest	14mi @Run 4, Walk 1	Rest
<b>Week 15</b> Sept 16-22	6mi @Run 4, Walk 1	Rest or Strength	9mi @Run 4, Walk 1	5mi @Run 2, Walk 1	Rest	Rest	<b>R2R 20 Miler</b>
<b>Week 16</b> Sept 23-29	Rest	4mi + optional strength	8mi @Run 3, Walk 1	5mi @Run 2, Walk 1	Rest	12mi @Run 4, Walk 1	Rest
<b>Week 17</b> Sept 30- Oct 6	4mi @Run 3, Walk 1	Rest or Strength	6mi @Run 2, Walk 1	3mi @Run 2, Walk 1	Rest	8mi @Run 4, Walk 1	Rest
<b>Week 18</b> Oct 7-13	3mi @Run 2, Walk 1	Rest	4mi @Run 2, Walk 1	3mi @Run 2, Walk 1	Rest	Rest	<b>Race</b>

Run/Walk Intervals	Overall Pace	Run Interval Pace	Walk Pace
4 min run / 1 min walk	12:00 min/mile	11:18 min/mile	16:00 min/mile
4 min run / 1 min walk	12:30 min/mile	11:51 min/mile	16:00 min/mile
4 min run / 1 min walk	13:00 min/mile	12:25 min/mile	16:00 min/mile

# NOVICE I

See pace chart on page 20 for specific pace breakdown.

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 10-16	3mi @E	Rest or Strength	3mi @E	3mi @E + Strength	Rest	6mi @LR	Rest
<b>Week 2</b> June 17-23	3mi @E	Rest or Strength	3mi @E	3mi @E + Strength	Rest	7mi @LR	Rest
<b>Week 3</b> June 24-30	3mi @E	Rest or Strength	4mi @E	3mi @E + Strength	Rest	5mi @LR	Rest
<b>Week 4</b> July 1-7	3mi @E	Rest or Strength	4mi @E	3mi @E + Strength	Rest	9mi @LR	Rest
<b>Week 5</b> July 8-14	3mi @E	Rest or Strength	5mi @E	3mi @E + Strength	Rest	10mi @LR	Rest
<b>Week 6</b> July 15-21	3mi @E	Rest or Strength	5mi @E	3mi @E + Strength	Rest	7mi @LR	Rest
<b>Week 7</b> July 22-28	3mi @E	Rest or Strength	6mi @E	3mi @E + Strength	Rest	12mi @LR	Rest
<b>Week 8</b> July 29-Aug 4	3mi @E	Rest or Strength	6mi @E	3mi @E + Strength	Rest	13mi @LR	Rest
<b>Week 9</b> Aug 5-11	3mi @E	Rest or Strength	7mi @E	4mi @E + Strength	Rest	10mi @LR	Rest
<b>Week 10</b> Aug 12-18	3mi @E	Rest or Strength	7mi @E	4mi @E + Strength	Rest	15mi @LR	Rest
<b>Week 11</b> Aug 19-25	4mi @E	Rest or Strength	8mi @E	4mi @E + Strength	Rest	16mi @LR	Rest
<b>Week 12</b> Aug 26- Sep 1	4mi @E	Rest or Strength	8mi @E	5mi @E + Strength	Rest	12mi @LR	Rest
<b>Week 13</b> Sep 2-8	4mi @E	Rest or Strength	9mi @E	5mi @E + Strength	Rest	18mi @LR	Rest
<b>Week 14</b> Sep 9-15	5mi @E	Rest or Strength	9mi @E	5mi @E + Strength	Rest	14mi @LR	Rest
<b>Week 15</b> Sept 16-22	6mi @E	Rest or Strength	9mi @E	5mi @E	Rest	Rest	<b>R2R 20 Miler</b>
<b>Week 16</b> Sept 23-29	Rest	4mi + Optional: Strength	8mi @E	4mi @E +Strength	Rest	12mi @LR	Rest
<b>Week 17</b> Sept 30- Oct 6	4mi @E	Rest or Strength	6mi @E	3mi @E	Rest	8mi @LR	Rest
<b>Week 18</b> Oct 7-13	3mi @E	Rest	4mi @E	3mi @E	Rest	Rest	<b>Race</b>

# NOVICE II

See pace chart on page 20 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 10-16	3mi @E	Rest or Strength	8x 200m, @1mi Rest: 200m jog	3mi @E + Strength	Rest	6mi @LR	Rest
<b>Week 2</b> June 17-23	3mi @E	Rest or Strength	6x 400m @ 1mi Rest: 400m jog	3mi @E + Strength	Rest	7mi @LR	Rest
<b>Week 3</b> June 24-30	3mi @E	Rest or Strength	3x (600m @1mi, 200m jog, 200m @1mi) Set Rest: 200m jog+ 1:00	3mi @E + Strength	Rest	5mi @LR	Rest
<b>Week 4</b> July 1-7	3mi @E	Rest or Strength	6x 800m "Yasso Format" Rest: 2:00- <b>3:00</b>	3mi @E + Strength	Rest	9mi @LR	Rest
<b>Week 5</b> July 8-14	3mi @E	Rest or Strength	8-10x 400m @5k Rest: 1:15- <b>2:00</b>	3mi @E + Strength	Rest	10mi @LR	Rest
<b>Week 6</b> July 15-21	3mi @E	Rest or Strength	4-5x 600m @5k Rest: 2:00- <b>3:00</b>	3mi @E + Strength	Rest	7mi @LR	Rest
<b>Week 7</b> July 22-28	4mi @E	Rest or Strength	2-3x (600m @5k, 200m jog, 400m @5k) Set Rest: 2:00	3mi @E + Strength	Rest	12mi @LR	Rest
<b>Week 8</b> July 29-Aug 4	4mi @E	Rest or Strength	4x 1000m @5k Rest: 2:30- <b>3:00</b>	4mi @E + Strength	Rest	13mi @LR	Rest
<b>Week 9</b> Aug 5-11	4mi @E	Rest or Strength	6-8x 800m "Yasso Format" Rest: 2:00- <b>3:00</b>	4mi @E + Strength	Rest	10mi @LR	Rest
<b>Week 10</b> Aug 12-18	5mi @E	Rest or Strength	12-14x 400m @10k Rest: :45- <b>1:30</b>	4mi @E + Strength	Rest	15mi @LR	Rest
<b>Week 11</b> Aug 19-25	5mi @E	Rest or Strength	4x 1200m @10k Rest: 2:00- <b>3:00</b>	5mi @E + Strength	Rest	16mi @LR	Rest
<b>Week 12</b> Aug 26- Sep 1	4mi @E	Rest or Strength	6x 800m @10k Rest: 2:30 (-:15 per rep)	5mi @E + Strength	Rest	12mi @LR	Rest
<b>Week 13</b> Sep 2-8	6mi @E	Rest or Strength	1600m, 1200m, 800m @10k-5k Rest: 2:00- <b>3:00</b>	5mi @E + Strength	Rest	20mi @LR	Rest
<b>Week 14</b> Sep 9-15	6mi @E	Rest or Strength	4-5x 1200m, @alternating 10k/TP Rest: 1:30- <b>2:00</b>	5mi @E + Strength	Rest	14mi @LR	Rest
<b>Week 15</b> Sept 16-22	7mi @E	Rest or Strength	6x 800m @TP Rest: 1:00- <b>1:30</b>	6mi @E	Rest	Rest	<b>R2R</b> <b>20 Miler</b>
<b>Week 16</b> Sept 23-29	Rest	4mi Optional: Strength	1600m, 1200m, 1000m, 800m @TP-1mi Rest: 2:00	4mi @E	Rest	12mi @LR	Rest
<b>Week 17</b> Sept 30- Oct 6	4mi @E	Rest or Strength	2x 1600m @TP+ 4x 200m @1mi Rest: 1:00- <b>1:30</b>	3mi @E	Rest	8mi @LR	Rest
<b>Week 18</b> Oct 7-13	3mi @E	Rest	3x 1mi @MP Rest: 2:00	3mi @E	Rest	Rest	<b>Race</b>

**Bold rest intervals** represent the suggested amount of rest.



# INTERMEDIATE

See pace chart on page 20 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 10-16	4mi @E	4mi @E + Strength	10x 200m, @1mi Rest: 200m jog	3mi @E + Strength	Rest	8mi @LR	Rest
<b>Week 2</b> June 17-23	4mi @E	5mi @E + Strength	8x 400m @ 1mi Rest: 400m jog	4mi @E + Strength	Rest	9mi @LR	Rest
<b>Week 3</b> June 24-30	4mi @E	5mi @E + Strength	3-4x (600m @1mi, 200m jog, 200m @1mi) Set Rest: 200m jog+ 1:00	3mi @E + Strength	Rest	7mi @LR	Rest
<b>Week 4</b> July 1-7	4mi @E	5mi @E + Strength	6-8x 800m "Yasso Format" Rest: 2:00-3:00	5mi @E + Strength	Rest	11mi @LR	Rest
<b>Week 5</b> July 8-14	4mi @E	5mi @E + Strength	12x 400m @5k Rest: 1:15-2:00	5mi @E + Strength	Rest	12mi @LR	Rest
<b>Week 6</b> July 15-21	4mi @E	6mi @E + Strength	5-6x 600m @5k Rest: <b>2:00</b> -3:00	4mi @E + Strength	Rest	10 mi @ LR	Rest
<b>Week 7</b> July 22-28	5mi @E	6mi @E + Strength	3-4x (600m @5k, 200m jog, 400m @5k) Set Rest: 2:00	5mi @E + Strength	Rest	14mi @LR	Rest
<b>Week 8</b> July 29-Aug 4	5mi @E	6mi @E + Strength	5x 1000m @5k Rest: 2:30- <b>3:00</b>	6mi @E + Strength	Rest	15mi @LR	Rest
<b>Week 9</b> Aug 5-11	4mi @E	6mi @E + Strength	8-10x 800m "Yasso Format" Rest: 2:00-3:00	6mi @E + Strength	Rest	13mi @LR	Rest
<b>Week 10</b> Aug 12-18	6mi @E	6mi @E + Strength	16x 400m @10k Rest: :45-1:30	6mi @E + Strength	Rest	17mi @LR	Rest
<b>Week 11</b> Aug 19-25	6mi @E	7mi @E + Strength	4-5x 1200m @10k Rest: 2:00-3:00	6mi @E + Strength	Rest	18mi @LR	Rest
<b>Week 12</b> Aug 26- Sep 1	5mi @E	7mi @E + Strength	6-8x 800m @10k Rest: 2:30 (-:15 per rep)	5mi @E + Strength	Rest	14mi @LR	Rest
<b>Week 13</b> Sep 2-8	7mi @E	6mi @E + Strength	1-2x (1600m, 1200m, 800m) @10k-5k Rest: 2:00- <b>3:00</b>	6mi @E + Strength	Rest	20mi @LR	Rest
<b>Week 14</b> Sep 9-15	7mi @E	8mi @E + Strength	4-6x 1200m, @alternating 10k/TP Rest: 1:30-2:00	5mi @E + Strength	Rest	14mi @LR	Rest
<b>Week 15</b> Sept 16-22	8mi @E	8mi @E + Strength	8x 800m @TP Rest: <b>1:00</b> -1:30	7mi @E	Rest	Rest	<b>R2R</b> <b>20 Miler</b>
<b>Week 16</b> Sept 23-29	5mi @E or Rest	6mi @E + Strength	1600m, 1200m, 1000m, 800m, 600m @TP-1mi Rest: 2:00	4mi @E +Strength	Rest	12mi @LR	Rest
<b>Week 17</b> Sept 30- Oct 6	4mi @E	5mi @E + Strength	2-3x 1600m @TP+ 4x 200m @1mi Rest: 1:00-1:30	3mi @E	Rest	8mi @LR	Rest
<b>Week 18</b> Oct 7-13	3mi @E	4mi @E	3x 1mi @MP Rest: 2:00	3mi @E	Rest	Rest	<b>Race</b>

**Bold rest intervals** represent the suggested amount of rest.

See pace chart on page 20 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 10-16	5mi @E	6mi @E + Strength	12x 200m, @1mi Rest: 200m jog	5mi @E + Strength	5mi @E	10mi @LR	Rest
<b>Week 2</b> June 17-23	3x 1mi @TP Rest: 1:30	6mi @E + Strength	10x 400m @ 1mi Rest: 400m jog	5mi @E + Strength	5mi @E	11mi @LR	Rest
<b>Week 3</b> June 24-30	3mi @TP	6mi @E + Strength	4x (600m @1mi, 200m jog, 200m @1mi) Set Rest: 200m jog+ 1:00	5mi @E + Strength	5mi @E	9mi @LR	Rest
<b>Week 4</b> July 1-7	4x 1mi @TP Rest: 1:30	6mi @E + Strength	8x 800m "Yasso Format" Rest: <b>2:00</b> -3:00	6mi @E + Strength	6mi @E	13mi @LR	Rest
<b>Week 5</b> July 8-14	4mi @TP	6mi @E + Strength	15x 400m @5k Rest: <b>1:15</b> -2:00	6mi @E + Strength	7mi @E	14mi @LR	Rest
<b>Week 6</b> July 15-21	5mi @TP	6mi @E + Strength	8x 600m @5k Rest: <b>2:00</b> -3:00	4mi @E + Strength	5mi @E	12mi @LR	Rest
<b>Week 7</b> July 22-28	4mi @TP+ 1mi @10k Rest: 3:00	6mi @E + Strength	4x (600m @5k, 200m jog, 400m @5k) Set Rest: 2:00	6mi @E + Strength	6mi @E	15mi @LR	Rest
<b>Week 8</b> July 29-Aug 4	3x 2mi @TP Rest: 2:00	6mi @E + Strength	5x 1000m @5k Rest: <b>2:30</b> -3:00	6mi @E + Strength	6mi @E	17mi @LR	Rest
<b>Week 9</b> Aug 5-11	3mi @MP+ 2mi @TP Rest: 3:00	5mi @E + Strength	10x 800m "Yasso Format" Rest: <b>2:00</b> -3:00	5mi @E + Strength	8mi @E	14mi @LR	Rest
<b>Week 10</b> Aug 12-18	2x 4mi @MP Rest: 2:00	5mi @E + Strength	16-18x 400m @10k Rest: :45-1:30	5mi @E + Strength	8mi @E	18mi @LR	Rest
<b>Week 11</b> Aug 19-25	8mi @MP	7mi @E + Strength	5-6x 1200m @10k Rest: <b>2:00</b> -3:00	8mi @E + Strength	6mi @E	20mi @LR	Rest
<b>Week 12</b> Aug 26- Sep 1	5mi @MP	5mi @E + Strength	6-8x 800m @10k Rest: 2:15 (-:15 per rep)	5mi @E + Strength	8mi @E	14mi @LR	Rest
<b>Week 13</b> Sep 2-8	3x 3mi @MP Rest: 2:00	6mi @E + Strength	2x (1600m, 1200m, 800m) @10k-5k Rest: <b>2:00</b> -3:00	7mi @E + Strength	6mi @E	20mi @LR	Rest
<b>Week 14</b> Sep 9-15	5mi @MP	5mi @E + Strength	5-7x 1200m, @alternating 10k/TP Rest: <b>1:30</b> -2:00	6mi @E + Strength	6mi @E	14mi @LR	Rest
<b>Week 15</b> Sept 16-22	10mi @MP	5mi @E + Strength	6-10x 800m @TP Rest: <b>1:00</b> -1:30	7mi @E	6mi @E	Rest	<b>R2R</b> <b>20 Miler</b>
<b>Week 16</b> Sept 23-29	Rest	6mi @E + Strength	1600m, 1200m, 1000m, 800m, 600m, 400m, 200m @TP-1mi Rest: 2:00	6mi @E	6mi @E	12mi @LR	6mi @E
<b>Week 17</b> Sept 30- Oct 6	5mi @TP	5mi @E + Strength	3x 1600m @TP+ 4x 200m @1mi Rest: <b>1:00</b> -1:30	6mi @E	6mi @E	8mi @LR	Rest
<b>Week 18</b> Oct 7-13	4mi @E	5mi @E	3x 1mi @MP Rest: 2:00	5mi @E	Rest	3mi Shake Out	<b>Race</b>

**Bold rest intervals** represent the suggested amount of rest.

# ADVANCED II

See pace chart on page 20 for specific pace breakdown; track workouts will have separate pace chart

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>Week 1</b> June 10-16	5mi @ E	6mi @E+ 6x :03 sprints + Strength	12x 200m, @1mi Rest: 200m jog	7mi @E + Strength	5mi @E	10mi @LR	3mi or rest
<b>Week 2</b> June 17-23	3x 1mi @TP Rest: 1:30	7mi @E+ 6x :03 sprints + Strength	10x 400m @ 1mi Rest: 400m jog	6mi @E + Strength	5mi @E	11mi @LR	3mi or rest
<b>Week 3</b> June 24-30	3mi @TP	7mi @E+ 6x :03 sprints + Strength	4x (600m @1mi, 200m jog, 200m @1mi) Set Rest: 200m jog+ 1:00	7mi @E + Strength	5mi @E	9mi @LR w/ last 3mi @MP	3mi or rest
<b>Week 4</b> July 1-7	4x 1mi @TP Rest: 1:30	7mi @E+ 5x :05 sprints + Strength	8x 800m "Yasso Format" Rest: <b>2:00</b> -3:00	8mi @E + Strength	6mi @E	13mi @LR	4mi or rest
<b>Week 5</b> July 8-14	4mi @TP	7mi @E+ 5x :05 sprints + Strength	15x 400m @5k Rest: <b>1:15</b> -2:00	8mi @E + Strength	7mi @E	14mi @LR	4mi or rest
<b>Week 6</b> July 15-21	5mi @TP	8mi @E+ 5x :05 sprints + Strength	8x 600m @5k Rest: <b>2:00</b> -3:00	7mi @E + Strength	5mi @E	12mi @LR w/ last 3mi @MP	4mi or rest
<b>Week 7</b> July 22-28	4mi @TP+ 1mi @10k Rest: 3:00	8mi @E+ 4x :07 sprints + Strength	4x (600m @5k, 200m jog, 400m @5k) Set Rest: 2:00	8mi @E + Strength	6mi @E	15mi @LR	5mi or rest
<b>Week 8</b> July 29-Aug 4	3x 2mi @TP Rest: 2:00	8mi @E+ 4x :07 sprints + Strength	5x 1000m @5k Rest: <b>2:30</b> -3:00	8mi @E + Strength	6mi @E	17mi @LR	5mi or rest
<b>Week 9</b> Aug 5-11	3mi @MP+ 2mi @TP Rest: 3:00	9mi @E+ 4x :07 sprints + Strength	10x 800m "Yasso Format" Rest: <b>2:00</b> -3:00	7mi @E + Strength	8mi @E	14mi @LR w/ last 3mi @MP	5mi or rest
<b>Week 10</b> Aug 12-18	2x 4mi @MP Rest: 2:00	8mi @E+ 3x :11 sprints + Strength	16-18x 400m @10k Rest: <b>:45</b> -1:30	8mi @E + Strength	8mi @E	18mi @LR	5mi or rest
<b>Week 11</b> Aug 19-25	8mi @MP	8mi @E+ 3x :11 sprints + Strength	5-6x 1200m @10k Rest: <b>2:00</b> -3:00	8mi @E + Strength	8mi @E	20mi @LR	5mi or rest
<b>Week 12</b> Aug 26-Sep 1	5mi @MP	9mi @E+ 3x :11 sprints + Strength	6-8x 800m @10k Rest: 2:15 (-:15 per rep)	8mi @E + Strength	8mi @E	14mi @LR w/ last 3mi @MP	5mi or rest
<b>Week 13</b> Sep 2-8	3x 3mi @MP Rest: 2:00	9mi @E+ 2x :13 sprints + Strength	2x (1600m, 1200m, 800m) @10k-5k Rest: <b>2:00</b> -3:00	9mi @E + Strength	8mi @E	22mi @LR	Rest
<b>Week 14</b> Sep 9-15	5mi @MP	8mi @E+ 2x :13 sprints + Strength	5-7x 1200m, @alternating 10k/TP Rest: <b>1:30</b> -2:00	8mi @E + Strength	8mi @E	14-16mi @LR	Rest
<b>Week 15</b> Sept 16-22	10mi @MP	7mi @E+ 2x :13 sprint + Strength	6-10x 800m @TP Rest: <b>1:00</b> -1:30	7mi @E	7mi @E	7mi @E	<b>R2R</b> <b>20 Miler</b>
<b>Week 16</b> Sept 23-29	Rest	7mi @E+ 2x :10 sprint + Strength	1600m, 1200m, 1000m, 800m, 600m, 400m, 200m @TP-1mi Rest: 2:00	8mi @E	6mi @E	13mi @LR w/ last 3mi @MP	Rest
<b>Week 17</b> Sept 30-Oct 6	5mi @TP	6mi @E+ 2x :10 sprint + Strength	3x 1600m @TP+ 4x200m @1mi Rest: <b>1:00</b> -1:30	7mi @E	6mi @E	10mi @LR w/ last 2mi @TP	Rest
<b>Week 18</b> Oct 7-13	4mi @E	5mi @E+ 2x :08 sprint + Strength	3x 1mi @MP Rest: 2:00	5mi @E	Rest	3mi Shake Out	<b>Race</b>

**Bold rest intervals** represent the suggested amount of rest.

# PACE CHART

Marathon Time (Goal)	Marathon Pace (min/mi)	Long Run Pace (min/mi)	Easy Run Pace (min/mi)	Tempo Pace (min/mi)
2:45	6:18	7:55-7:11	7:15-7:05	6:00-5:55
2:50	6:29	8:09-7:23	7:20-7:10	6:10-6:00
2:55	6:40	8:22-7:36	7:35-7:25	6:20-6:10
3:00	6:51	8:36-7:48	8:45-7:35	6:30-6:20
3:05	7:03	8:49-8:00	8:00-7:50	6:40-6:30
3:10	7:14	9:03-8:13	8:10-8:00	6:50-6:40
3:15	7:26	9:16-8:25	8:25-8:15	7:00-6:50
3:20	7:37	8:30-8:37	8:35-8:25	7:10-7:00
3:25	7:49	9:43-8:50	8:50-8:40	7:20-7:10
3:30	8:00	9:56-9:02	9:00-8:50	7:30-7:20
3:35	8:12	10:10-9:14	9:10-9:00	7:40-7:30
3:40	8:23	10:23-9:27	9:25-9:15	7:50-7:40
3:45	8:34	10:36-9:39	9:35-9:25	8:00-7:50
3:50	8:46	10:49-9:51	9:50-9:40	8:15-8:05
3:55	8:57	11:02-10:03	10:00-9:50	8:25-8:15
4:00	9:09	11:11-10:11	10:10-10:00	8:35-8:25
4:05	9:20	11:19-10:19	10:15-10:05	8:40-8:30
4:10	9:32	11:28-10:27	10:25-10:15	8:50-8:40
4:15	9:43	11:36-10:34	10:30-10:20	9:00-8:50
4:20	9:54	11:44-10:42	10:40-10:30	9:10-9:00
4:25	10:06	11:52-10:49	10:45-10:35	9:15-9:05
4:30	10:17	12:00-10:57	10:55-10:45	9:25-9:15
4:35	10:29	12:08-11:04	11:00-10:50	9:30-9:20
4:40	10:41	12:16-11:11	11:10-11:00	9:40-9:30
4:50	10:52	12:23-11:18	11:15-11:05	9:50-9:40
4:55	11:03	12:31-11:25	11:25-11:15	9:55-9:45
5:00	11:15	12:38-11:32	11:30-11:20	10:05-9:55
5:05	11:26	12:45-11:38	11:35-11:25	10:15-10:05
5:10	11:37	12:52-11:45	11:40-11:30	10:20-10:10
5:15	11:49	12:59-11:52	11:50-11:40	10:30-10:20
5:20	12:00	13:06-11:58	11:55-11:45	10:35-10:25
5:25	12:12	13:13-12:04	12:00-11:50	10:45-10:35
5:30	12:23	13:20-12:11	12:10-12:00	10:50-10:40
5:35	12:35	13:26-12:17	12:15-12:05	11:00-10:50
5:40	12:46	13:33-12:23	12:20-12:10	11:10-11:00
5:45	12:58	13:39-12:29	12:25-12:15	11:15-11:05
5:50	13:09	13:45-12:35	12:35-12:25	11:20-11:10
5:55	13:20	13:52-12:41	12:40-12:30	11:30-11:20
6:00	13:32	13:58-12:46	12:45-12:35	11:35-11:25
6:05	13:43	14:04-12:52	12:50-12:40	11:45-11:35
6:10	13:55	14:10-12:58	12:55-12:45	11:50-11:40
6:15	14:06	14:16-13:03	13:00-12:50	11:55-11:45
6:20	14:18	14:21-13:09	13:05-12:55	12:05-11:55
6:25	14:29	14:27-13:14	13:10-13:00	12:15-12:05
6:30	14:52	14:38-13:25	13:20-13:10	12:25-12:15

# SITE DETAILS: CHICAGO - DOWNTOWN

**Saturdays - 6:00 a.m.**

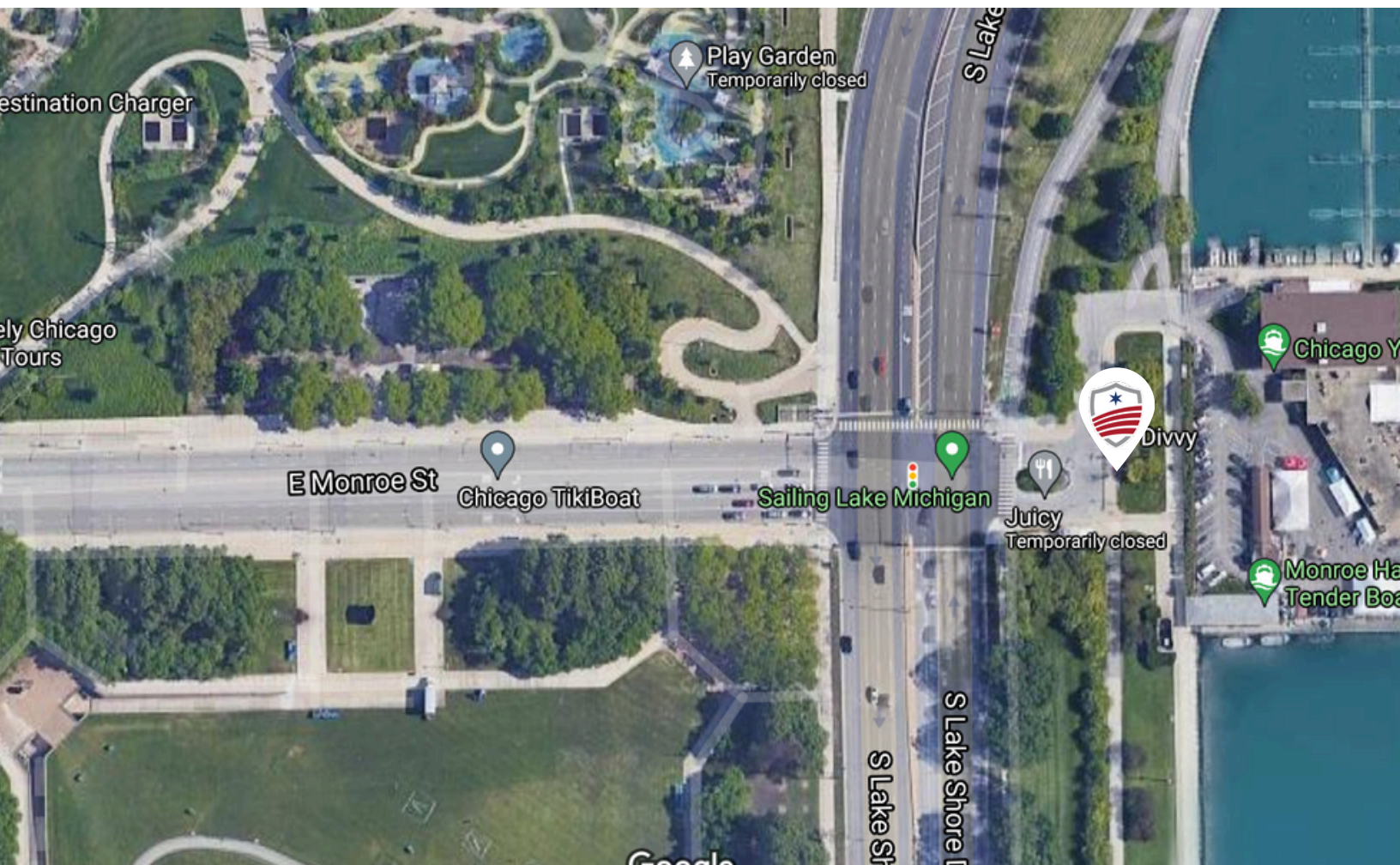
**Location:** Lake Shore Dr. and Monroe

**Meeting Spot:** Meet in the green space near Monroe and pedestrian Lakefront Trail

**Parking:** Paid parking is available at Millenium Garage, limited street parking is also available.

**Restrooms:** Restroom available near the meeting spot

**Site Coordinator:** Betsy Balgooyen Keller



# SITE DETAILS: CHICAGO - LINCOLN PARK

**Saturdays - 6:00 a.m.**

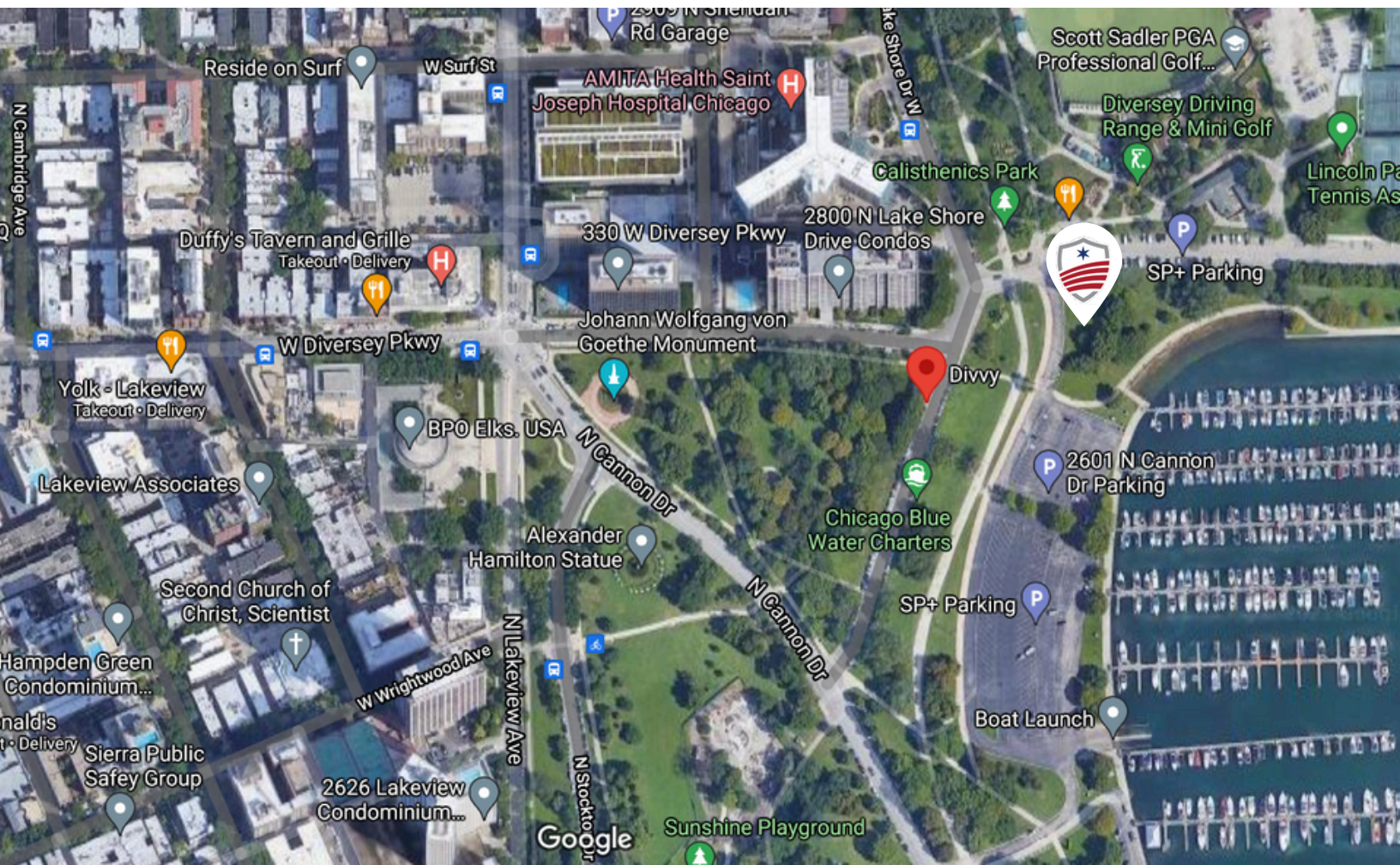
**Location:** W. Diversey Pkwy. and North Lake Shore Drive West

**Meeting Spot:** Meet in grass area just south of the parking lot on Diversey

**Parking:** Use street parking along Cannon Drive, or the park district parking lot at the Diversey Driving Range

**Restrooms:** Port-a-potty available near meeting spot (site coordinator has lock code)

**Site Coordinators:** Mark Burns & Jason Friske



# SITE DETAILS: CHICAGO - MONTROSE

**Saturdays - 6:00 a.m. and 6:30 a.m.**

**Sundays - 6:30 a.m.**

**Location:** Montrose Beach Comfort Station

**Meeting Spot:** Meet at Beach Comfort Station (Immediately south of corner of Simmonds Dr. & Wilson Dr.)

**Parking:** Free parking is available along N. Simonds Dr.

**Restrooms:** Restrooms available near meeting spot

**Site Coordinators:** David Rovani (Sat. 6:00 a.m.), Jacob Gaddie (Sat. 6:30 a.m.), Darren DeMatoff (Sun. 6:30 a.m.)

MONTROSE



# SITE DETAILS: DARIEN

**Saturdays - 7:00 a.m.**

**Location:** Waterfall Glen Forest Preserve

**Meeting Spot:** Meet at the trailhead on west side of parking lot

**Parking:** Cass Ave. trailhead parking lot

**Restrooms:** Public restrooms available at meeting spot

**Site Coordinator:** Ann Marie Phaneuf

***\*Note: Hydration stations will not have cups on course. Runners must carry a bottle or collapsible cup for refill.***





# SITE DETAILS: LIBERTYVILLE

**Saturdays - 6:45 a.m.**

**Location:** Old School Forest Preserve

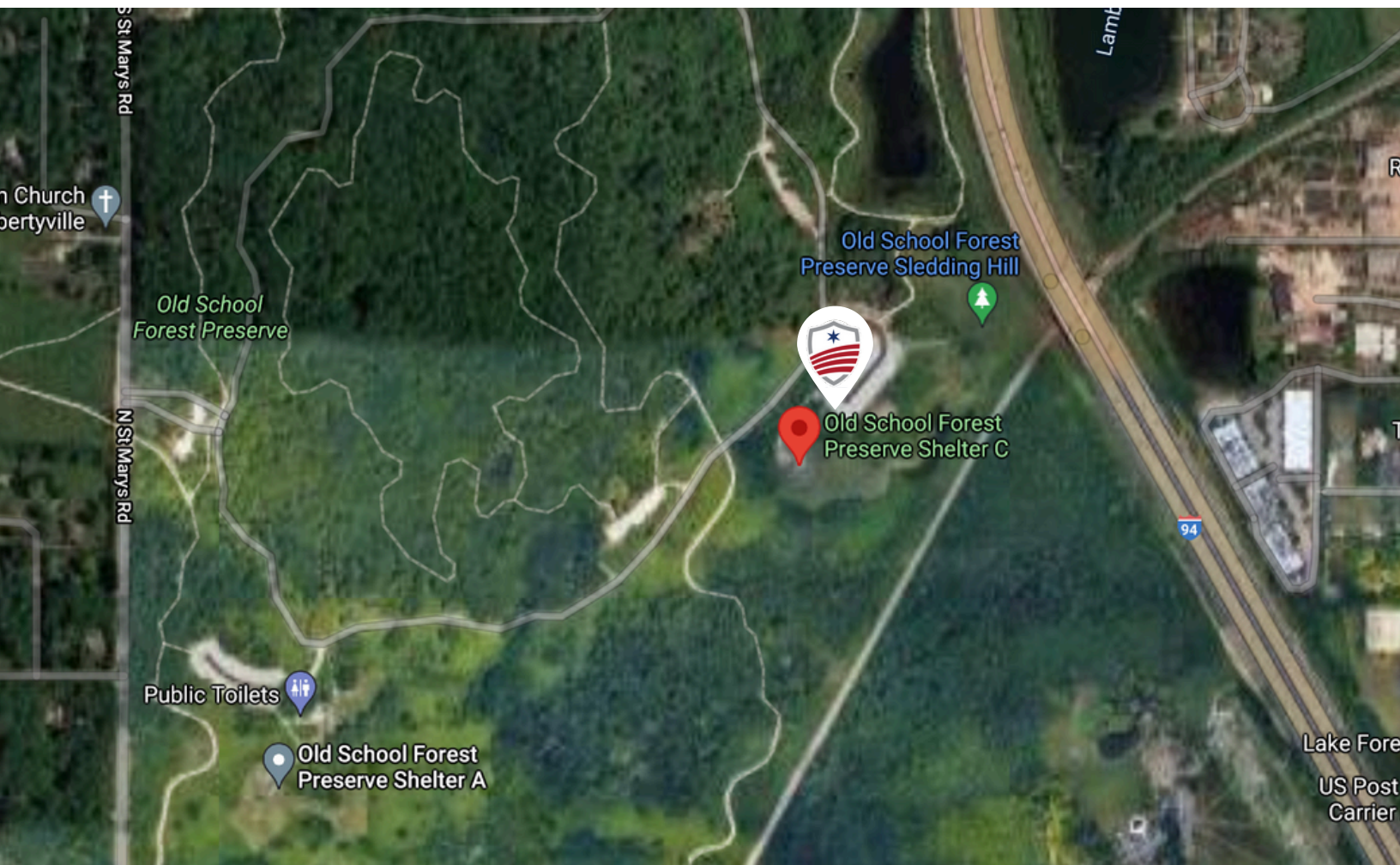
**Meeting Spot:** Meet in the parking lot at Shelter C, off of St. Mary's Rd.

**Parking:** Parking is available along the road by Shelter C

**Restrooms:** Public restrooms available at meeting spot

**Site Coordinator:** Christine Muender

***\*Note: Hydration stations will not have cups on course. Runners must carry a bottle or collapsible cup for refill.***



# SITE DETAILS: NILES

**Saturdays - 7:00 a.m.**

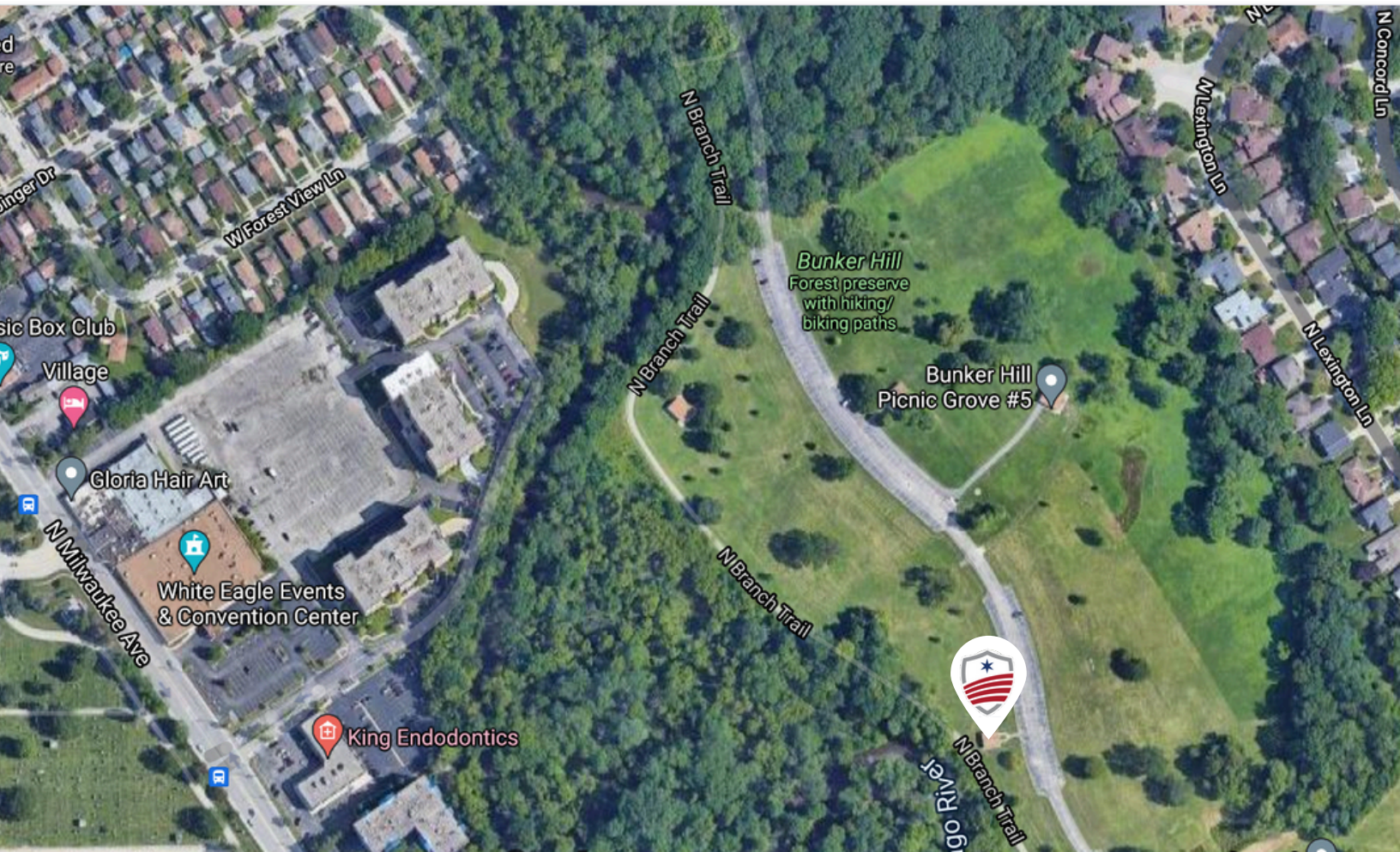
**Location:** Bunker Hill Forest Preserve

**Meeting Spot:** Meet in the greenspace at Grove 4

**Parking:** Parking is available along the road by Grove 4

**Restrooms:** Public restrooms available next to meeting spot

**Site Coordinators:** Keith Kijek & Beth Levy



# SITE DETAILS: OAK FOREST

**Saturdays - 6:50 a.m.**

**Location:** Yankee Woods

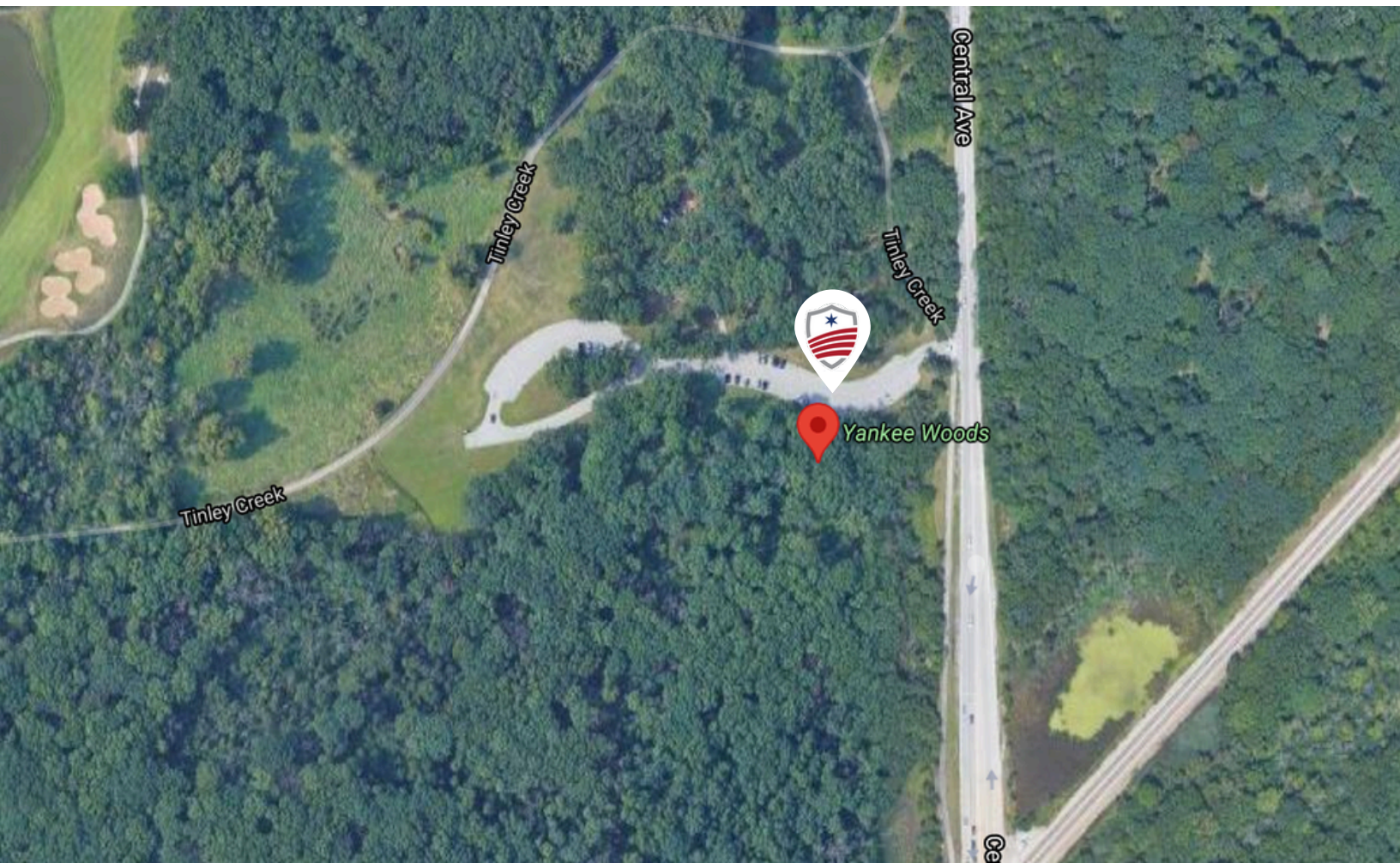
**Meeting Spot:** Picnic Area, on Central Ave. between 163rd and 167th

**Parking:** Use parking at Yankee Woods within forest preserve

**Restrooms:** Port-a-potty available near meeting spot

**Site Coordinator:** Christopher Cummings

***\*Note: Starting on Week 7 (July 27) training start time will move to 6:30 a.m.***



# SITE DETAILS: SCHAUMBURG

**Saturdays - 6:30 a.m.**

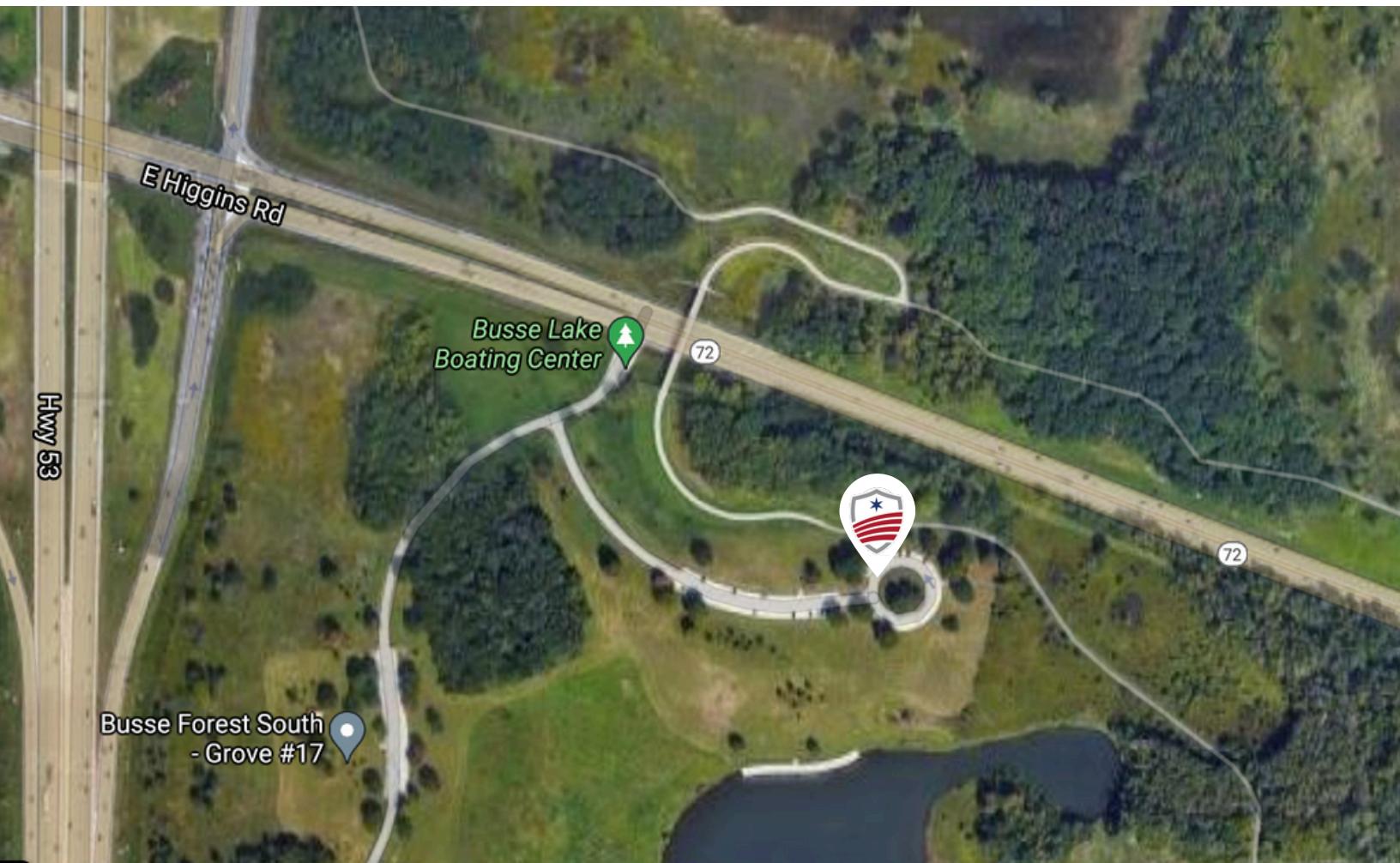
**Location:** Busse Woods Forest Preserve

**Meeting Spot:** Meet in the green space near the North Pool restroom building

**Parking:** Southside of Higgins Rd. just east of 53/290. Entrance for Groves 17-25 & then first left into parking lot

**Restrooms:** Public restrooms available near meeting spot

**Site Coordinators:** Westley Iller & Niko Nicholson



# SITE DETAILS: WHEATON

**Saturdays - 6:15 a.m.**

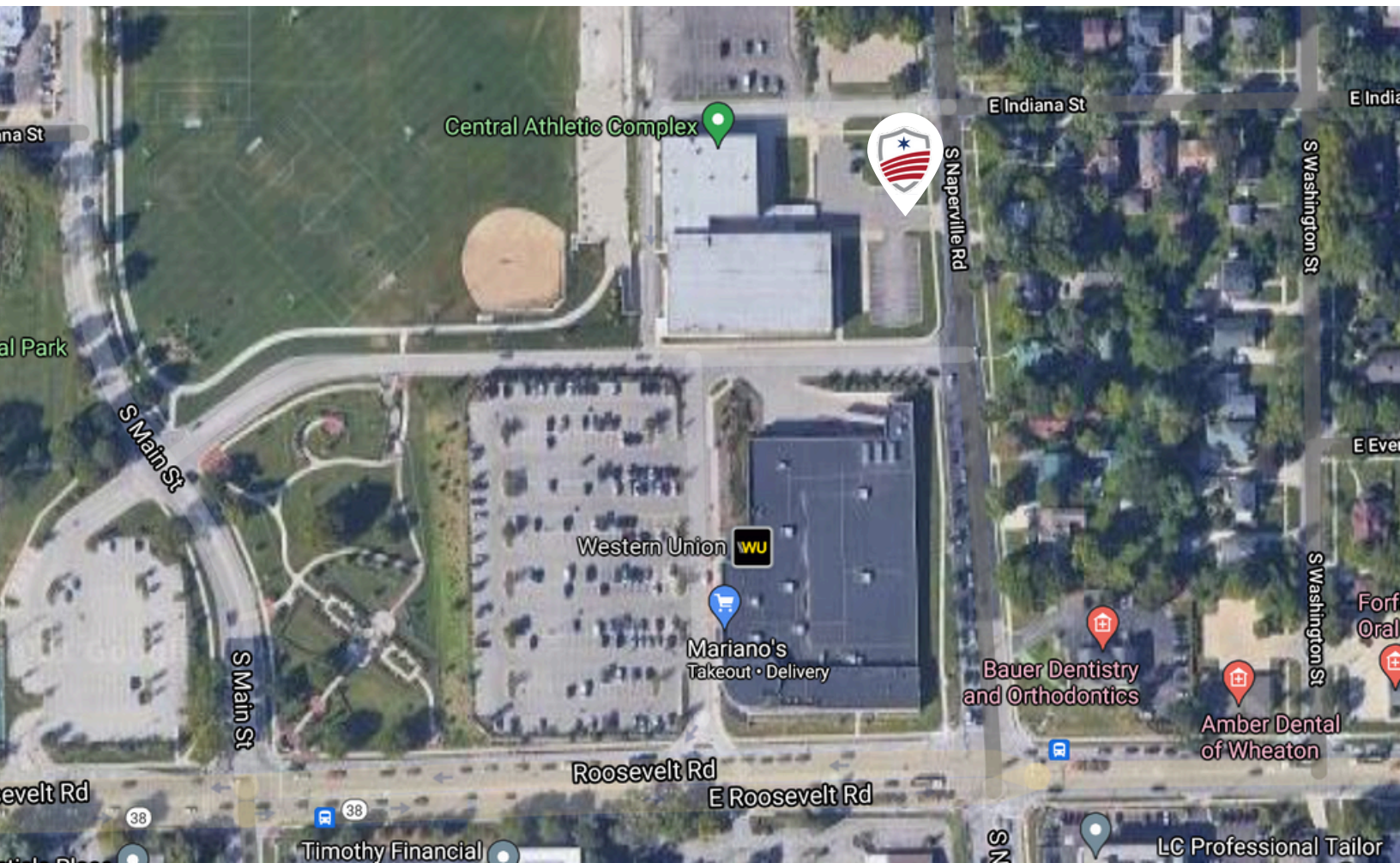
**Location:** Illinois Prairie Path

**Meeting Spot:** Central Athletic Complex parking lot

**Parking:** Central Athletic Complex, Naperville Rd. and Indiana St.

**Restrooms:** Public restrooms located inside of Mariano's

**Site Coordinator:** Jim Laubsted



# STRENGTH TRAINING

CARA Executive Director Tim Bradley and Coach Asher Kyger Henry, CSCS have collaborated to build a strength program that compliments marathon training and fits in with each week's training plan. Novice and Intermediate runners can complete these exercises with little to no equipment needed. Advanced I & II runners are encouraged to complete the weighted routines.

Strength training has numerous benefits with a main purpose being injury prevention. Running is a largely aerobic activity, but your ability to manage the repetitive impact of long miles and stay injury-free is aided by strengthening the muscles, ligaments, and tendons. The three primary areas to focus on are hips/core, lower body and upper body.

Following the strength program is simple! Each week in the CARA training newsletter we will provide a weekly training summary that includes that week's specific runs and strength exercises. The strength plan includes sets, reps, and videos of each exercise to help you follow along.



# GENERAL POLICIES

## **CARA ID Shoe Tag:**

Within your participant packet, you will receive a 2024 red ID tag. You must wear this tag on your running shoe at group training. If this tag is lost or misplaced, you must contact [training@cararuns.org](mailto:training@cararuns.org). There is a replacement fee so please take care of this item. Your group leaders will be checking for these tags at training runs, as they are important for providing your identification in an emergency, as well as identifying who is part of the program.

## **Weather Policy:**

When hazardous weather is present or probable during a CARA program or event, CARA will communicate related announcements on the CARA webpage ([www.cararuns.org/weather](http://www.cararuns.org/weather)) through the included Twitter feed. CARA will communicate related announcements in the CARA Summer Marathon Training STRAVA group, as well as at <https://twitter.com/cararunsweather>.

CARA will begin making announcements at least 60 minutes prior to the start of a program or event if there appears to be a potential for changes. Participants are encouraged to consider their individual situations when choosing whether to participate when there is the potential for hazardous weather, even when CARA has chosen to proceed. Given the nature of Chicagoland weather, not all conditions are foreseeable, and program and event coordinators may make changes on-site at programs and events. Please keep in mind that safety will be the primary focus of weather-related decisions.

CARA's evaluation will weigh present conditions as well as probable conditions that could be present during and immediately after a program/event.

## **Refund Policy As Posted On Registration Website:**

Participants may choose to voluntarily exit the program by the date two weeks prior to the start date of the program. Those who exit may receive a full credit of fees paid towards any single future CARA program or event of any kind of equal or lesser value. Credit valid through the end of the following calendar year. To exit the program, e-mail [training@cararuns.org](mailto:training@cararuns.org).

No refunds will be issued for any reason, including injury, illness, change in availability, or changes to target race.

## **Communication:**

In addition to the weekly newsletters, site coordinators and oftentimes group leaders will communicate with their training group. This typically is done via email or Facebook. CARA does not provide your e-mail to group leaders, so you must opt-in to their lists at your training site.

If at any time you have questions or concerns about your training or need help adjusting your training plan, you are highly encouraged to reach out to CARA Manager of Coaching and Training, James Diamond. James can be contacted via email at [training@cararuns.org](mailto:training@cararuns.org)



READY TO RUN

# READY TO RUN 20 MILER

Fully-supported 20 Mile run with a unique point-to-point course along Chicago's lakefront!

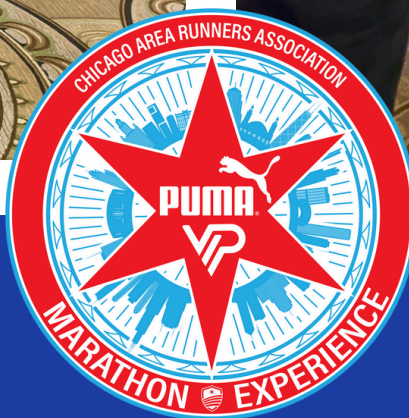
- **Sunday, September 22 - Montrose Beach (Chicago)**
- Beautiful point-to-point lakefront course from Montrose Beach to Jackson Park, including post-race shuttle back to the start
- Pace groups from 7:30 to 11:30 run, and 12:00 to 13:00 run/walk.
- Aid Stations every 2 miles with water, Gatorade Endurance and UCAN gels
- Gear check transported from start to finish
- Unique short sleeve finishers' shirt
- Custom Designed Keepsake Bib
- Professional announcing by Chicago running legend Dave Kappas!
- Post-race celebration
- Free digital photo downloads
- City and Suburban Packet Pick-Up Options

*Entry included with training program, but you must register. Details regarding how to register will be sent at a later date.*





MARATHON VIP



# PUMA'S MARATHON VIP EXPERIENCE

An exclusive VIP area for runners, friends, and family on marathon day in Chicago!

- **Sunday, October 13 - Palmer House Hilton Hotel (Chicago)**
- Comfortable indoor climate-controlled space to relax pre and post-race
- Private toilet area near the start corrals
- Indoor Restrooms
- Hassle-Free Private Gear Check
- Pre-Race Hydration (Water and Gatorade Endurance)
- Stretching and injury prevention screenings provided by Rush Physical Therapy
- Post-Race celebration
- And more!

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# Stretching Tips

Incorporate these stretches into your post-run routine to reduce the risk of pain or injury.

It is recommended that static stretches should be performed after activity. Hold all stretches for 20-30 seconds each and repeat 3-4 times. Dynamic stretches should be performed before activity as a warm-up.



## Calf Stretch

- Perform the gastroc stretch by placing hands up against the wall.
- Bring one leg behind the other into a lunge position.
- Be sure that back leg is straight with the heel on the floor and the front leg closet to the wall mimicks a lunge position.
- Lean into the wall until the stretch is felt in the posterior lower leg. Avoid rocking and make sure your hips stay squared to the wall.

## Soleus Stretch (Not Pictured)

- Slightly bend the knee of the back leg, keeping heel on the floor.
- Stretch should be felt closer to the heel and Achilles tendon.



## Piriformis (Figure 4) Stretch

- Lay on back with right knee bent and left ankle resting on right knee.
- Grasp your right thigh through the "figure 4", and pull your right thigh towards your upper body until a stretch is felt in left buttocks. For a deeper stretch, place your left elbow, while grasping on to your right thigh, on the left inner knee.
- Repeat with other leg and switch positions.



## Stretching of the Right Iliotibial Band/IT band

- Perform the IT-band stretch by standing parallel to the wall.
- With right hand on wall, put left foot in front of right foot so that the heel of left foot is against toe of the right.
- Lean the upper body away from the object while pushing the right hip toward the wall.
- Stretch should be felt over the outside right hip.



## Quad Stretch

- Grab your ankle and bring the heel of one foot up toward buttock.
- Knee should point toward the ground and you should be standing tall with tight abdominals.
- Standing leg should be slightly bent.
- The stretch should be felt in the front of the thigh.



## Hamstring Stretch






- Place heel on an object about 16 inches off the ground on a low bench or stair step.
- Keep abdominals tight, hips squared, lean slightly forward with back straight and bend standing leg to avoid flexion of the spine.
- The exercise should be felt on back of thigh.



## Hip Flexor Stretch

- Place one foot up on a bench or stair step, with opposite leg behind.
- Place hands over head and rotate up and away from the standing leg (not pictured).
- Squeeze buttocks, and slowly lean your hips forward till a stretch is felt on the front of the hip of the stance leg.

# ITB foam roll exercises

	Exercise	Repetitions
	Piriformis	30 repetitions
	ITB	30 repetitions
	Hamstring	30 repetitions
	Quad	30 repetitions
	Calf	30 repetitions

