

Name :	Chicago Marathon	Date	10/8/2017
Start Date			
6/3/2017	Saturday, June 03, 2017		
	Short	Medium	Long
Week			
6/3/2017		6 miles	10 miles
6/10/2017		7 miles	10 to 12 miles
6/17/2017		8 miles	7 miles
6/24/2017		10 miles	13 to 14 miles
7/1/2017	6 miles	10 to 12 miles	7 miles
7/8/2017	8 miles	7 miles	15 to 16 miles
7/15/2017	10 miles	13 to 14 miles	8 miles
7/22/2017	10 to 12 miles	7 miles	17 to 18 miles
7/29/2017	7 miles	15 to 16 miles	8 to 10 miles
8/5/2017	13 to 14 miles	8 miles	19 - 20 miles
8/12/2017	7 miles	17 to 18 miles	8 to 10 miles
8/19/2017	15 to 16 miles	8 to 10 miles	8 to 10 miles