

## Pfitzinger 18/55 Program for Chicago Marathon

Week	Starting	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL	Weeks to Goal
1	6/9/2008	LT- 9 Mi w/4 @ 15K pace	Recovery 5 Mi	GA 9 Mi	Rest/ xTrain	Recovery 4 Mi	15 Mi	Rest/ xTrain	42 Mi	18
2	6/16/2008	GA + Speed. 9 Mi w/10x100m Strides	Recovery 5 Mi	GA 9 Mi	Rest/ xTrain	Recovery 5 Mi	16 Mi	Rest/ xTrain	44 Mi	17
3	6/23/2008	GA + Speed. 9 Mi w/10x100m Strides	Recovery 5 Mi	GA 10 Mi	Rest/ xTrain	Recovery 5 Mi	17 Mi	Rest/ xTrain	46 Mi	16
4	6/30/2008	LT- 10 Mi w/5 @ 15K pace	Recovery 5 Mi	GA 10 Mi	Rest/ xTrain	Recovery 5 Mi	18 Mi	Rest/ xTrain	48 Mi	15
5	7/7/2008	GA+Speed 9 Mi w/10x100 strides	Recovery 5 Mi	GA 8 Mi	Rest/ xTrain	Recovery 5 Mi	13 Mi	Rest/ xTrain	42 Mi	14
6	7/14/2008	LT- 10 Mi w/5 @ 15K pace	Recovery 5 Mi	Medium Long Run - 11 Mi	Rest/ xTrain	Recovery 5 Mi	17 Mi	Rest/ xTrain	48 Mi	13
7	7/21/2008	Recovery 6 Mi	VO2Max 9 Mi w/6x800M @ 5K race pace; jog 2 min between	Medium Long Run - 12 Mi	Rest/ xTrain	Recovery + Speed. 6 Mi w/6x100m strides	18 Mi	Rest/ xTrain	51 Mi	12
8	7/28/2008	Recovery + Speed. 6 Mi w/6x100m strides	LT- 11 Mi w/6 @ 15K pace	Rest/ xTrain	Medium Long Run - 13 Mi	Recovery 5 Mi	20 Mi	Rest/ xTrain	55 Mi	11
9	8/4/2008	GA + Speed. 9 Mi w/10x100m Strides	Recovery 6 Mi	Medium Long Run - 13 Mi	Rest/ xTrain	Recovery + Speed. 5 Mi w/6x100m strides	Marathon Specific 16 Mi w/12 @ MP	Rest/ xTrain	49 Mi	10
10	8/11/2008	Recovery 5 Mi	VO2Max 8 Mi w/5x600M @ 5K race pace; jog 90 sec between	Rest/ xTrain	Medium Long Run - 11 Mi	GA + Speed. 7 Mi w/8x100m Strides	Medium Long run 13 mi	Rest/ xTrain	44 Mi	9
11	8/18/2008	Recovery + Speed. 6 Mi w/6x100m strides	LT- 12 Mi w/7 @ 15K pace	Rest/ xTrain	Medium Long Run - 12 Mi	Recovery 5 Mi	20 Mi	Rest/ xTrain	55 Mi	8
12	8/25/2008	VO2 Max 8 Mi w/5x600m @5K race pace; jog 90 seconds between	Medium Long Run 11 Mi	Rest/ xTrain	Recovery + Speed 4 Mi w/6x100m Strides	8-10k Tune up race	17 Mi	Rest/ xTrain	46 Mi	7
13	9/1/2008	GA 8 Mi	VO2 Max 9 Mi w/5x1000m @5K race pace; jog 2 minutes between	Rest/ xTrain	Medium Long Run 11 Mi	Recovery + Speed. 5 Mi w/6x100m strides	Marathon Specific 17 Mi w/14 @ MP	Rest/ xTrain	50 Mi	6
14	9/8/2008	VO2 Max 8 Mi w/5x600m @5K race pace; jog 90 seconds between	Medium Long Run 11 Mi	Rest/ xTrain	Recovery + Speed 4 Mi w/6x100m Strides	8-15k Tune up race	15 Mi	Rest/ xTrain	46 Mi	5
15	9/15/2008	Recovery + Speed. 5 Mi w/6x100m strides	VO2 Max 10 Mi w/4x1200m @5K race pace; jog 2 minutes between	Rest/ xTrain	GA 10 Mi	Recovery 5 Mi	21 Mi	Rest/ xTrain	51 Mi	4
16	9/22/2008	VO2 Max 8 Mi w/5x600m @5K race pace; jog 90 seconds between	GA 8 Mi	Rest/ xTrain	Recovery + Speed 4 Mi w/6x100m Strides	8-15k Tune up race	17 Mi	Rest/ xTrain	45 Mi	3
17	9/29/2008	GA + Speed. 7 Mi w/8x100m Strides	GA 8 Mi	Rest/ xTrain	Recovery + Speed 4 Mi w/6x100m Strides	LT 8 Mi w/4 @ 15K race pace	16 Mi	Rest/ xTrain	43 Mi	2
18	10/6/2008	GA + Speed. 7 Mi w/8x100m Strides	VO2 Max 8 mi w/3x1600 @ 5K race; jog 2 min between	Rest/ xTrain	Recovery + Speed 4 Mi w/6x100m Strides	Rest or xTrain	12 Mi	Rest/ xTrain	31 Mi	1
19	10/13/2008	Recovery 6 Mi	Dress Rehearsal 7 Mi w/2 Mi @ MP	Rest	Recovery + Speed 4 Mi w/6x100m Strides	Rest or xTrain	Recovery 4 Mi	Goal Marathon	47 Mi	Race Week
									841 Mi	