

CHICAGO MARATHON

coaching programs powered by Heartbreak Hill Running Company

Choosing a program:

Beginner:

If this is your first marathon or your goal is simply to finish the race, this is the program for you!

Intermediate:

If you are currently running 25-30+ miles per week with one run of 10+ miles per week and, you have run a half marathon or marathon in the past, give this program a shot! Make this marathon your best!

Important:

These programs are just guides. There are many out there: Hal Higdon, the Hanson Method, and more. All will get you through the marathon. The keys to making any training program successful are CONSISTENCY, VARIATION (each day has a purpose and is a little different), & LISTENING TO YOUR BODY. If you need rest, take it. It's better to run a little less or take a day off than it is to power through something that aches and have it turn into an injury.

NOTE:

There is a video in the **Heartbreaker portal** called "Which marathon plan to choose" on the "training" page. Watch that for more color and detail. Within the portal there are also ADVANCED plans. Portal address: **heartbreakersrun.com** (access is granted manually)



**HEARTBREAK
HILL
RUNNING COMPANY**

CHICAGO

2148 N Halsted, Chicago, IL 60614
ph: 773.687.9034

- **FREE** Speed workout every Tuesday at 6:30PM
- **FREE** mapped long runs on Saturdays at 7AM

NEWT

638 Comm Ave. Newton, MA 02459
ph: 617.467.4487

- **FREE** marathon specific hill workout on Heartbreak every Wednesday at 7PM (all weather, all abilities)
- **FREE** mapped long runs on Saturdays at 9AM

CAMBRIDGE

STORE + STUDIO

294 Mass Ave. Cambridge MA, 02139
ph: 617.945.7137

Morning, lunch, & evening running classes designed for ALL abilities. Pricing, descriptions, and sign-up at: heartbreakhillrunningcompany.com

S UTH END

652 Tremont St. Boston, MA 02118
ph: 617.391.0897

- **FREE** speed workout every Thursday at 6:30PM with drills (all weather, all abilities)