



6 Week Schedule

Visit the website at www.maxfitsports.com.

	SUN	MON	TUE	WED	THUR	FRI	SAT 5/1
GROUP 1 Dale	Rest	2 miles	Rest	3miles	2miles	Rest	5miles 7:30 AM
GROUP 2(1B) Dale	Rest	2 miles	Rest	3 miles	2 miles	Rest	4 miles 7:15 AM
GROUP 3 Carla	Rest	2 miles	Rest	2miles	3 miles	Rest	4 miles 7 AM
GROUP 4 Carolyn	Rest	3 miles	Rest	3 miles	3 miles	Rest	4 miles 7 AM
Half Marathon Baron	Rest	3 miles	Rest	3 miles	3 miles	Rest	3miles 7 AM
	SUN	MON	TUE	WED	THUR	FRI	SAT 5/8
GROUP 1	Rest	5 miles	Rest	5 miles	5 miles	Rest	7 miles 7:15 AM
GROUP 2	Rest	4 miles	Rest	4 miles	4 miles	Rest	5 miles 7:30 AM
GROUP 3	Rest	4 miles	Rest	4 miles	4 miles	Rest	Track Session 6:30AM 61 st and Stony Island
GROUP 4	Rest	3 miles	Rest	3 miles	3 miles	Rest	
Half Marathon	Rest	3 miles	Rest	3 miles	3 miles	Rest	

	SUN	MON	TUE	WED	THUR	FRI	SAT 5/15
GROUP 1	Rest	5 miles	Rest	6 miles	5 miles	Rest	Track Session 6:30AM 61 st and Stony Island
GROUP 2	Rest	4 miles	Rest	6 miles	4 miles	Rest	
GROUP 3	Rest	4 miles	Rest	5 miles	4 miles	Rest	5 miles 7:30 AM
GROUP 4	Rest	3 miles	Rest	4 miles	3 miles	Rest	5 miles 6:45AM
Half Marathon	Rest	3 miles	Rest	4 miles	3 miles	Rest	4 miles 7:30 AM

	SUN	MON	TUE	WED	THUR	FRI	SAT 5/22
GROUP 1	Rest	5 miles	Rest	6 miles	5 miles	Rest	8 miles 7 AM
GROUP 2	Rest	4 miles	Rest	5 miles	4 miles	Rest	8 miles 7:15 AM
GROUP 3	Rest	4 miles	Rest	5 miles	4 miles	Rest	6 miles 7:15 AM
GROUP 4	Rest	3 miles	Rest	5 miles	4 miles	Rest	6 miles 6:30 AM
Half Marathon	Rest	3 miles	Rest	5 miles	3 miles	Rest	5 miles 7:15 AM

Speed A= 800m (twice around) 8 times (10 x for group 1) done on a track

Fartlek = 30 sec slow, 30 sec medium, 30 seconds fast *Total time: 45 minutes(or as written)*

Tempo= 15 min warmup then 20 min fast (manageable) then 15 min cooldown

Group 4 Walkers limit Speed, Fartlek or Tempo to 45 minutes total track walking

Send questions to your coaches or maxfitness@hotmail.com. Please include your group number.

	SUN	MON	TUE	WED	THUR	FRI	SAT 5/29
GROUP 1	Rest	5 miles	Rest	Tempo 50 min	5 miles	Rest	9 miles 7 AM
GROUP 2	Rest	4 miles	Rest	Tempo 50 min	4 miles	Rest	7 miles 7 AM
GROUP 3	Rest	4 miles	Rest	Tempo 50 min	4 miles	Rest	5 miles 7 AM
GROUP 4	Rest	3 miles	Rest	Tempo 50 min	3 miles	Rest	5 miles 6:15AM
Half Marathon	Rest	3 miles	Rest	Tempo 40 min	3 miles	Rest	6 miles 7 AM

If traveling for the Memorial Day Holiday, please remember to take your fitness homework with you. This is the time when you are likely to fall behind in your workouts. Do all you can to stay on-track!!

	SUN	MON	TUE	WED	THUR	FRI	SAT 6/5
GROUP 1	Rest	Fartlek 45 min	Rest	6 miles	5 miles	Rest	10 miles 6:45 AM
GROUP 2	Rest	Fartlek 40 min	Rest	6 miles	4 miles	Rest	9 miles 6:45 AM
GROUP 3	Rest	Fartlek 40 min	Rest	6 miles	4 miles	Rest	7 miles 6:45 AM
GROUP 4	Rest	Fartlek 30 min	Rest	5 miles	3 miles	Rest	7 miles 6 AM
Half Marathon	Rest	Fartlek 30 min	Rest	5 miles	3 miles	Rest	6 miles 6:45 AM