

Program 1: Beginner A

3 days of running per week
1 - 2 day of strength training

Ideal for beginners with a primary goal of completion and minimal time to train. This plan consists of only running but it is recommended to add some strength training if possible.

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY <u>LONG RUN</u>	SUNDAY	Total Mileage
Week 1 - 11/27	3 SP		3 SP			4		10
Week 2 - 12/4	3.5		4			5 - 6		13.5
Week 3 - 12/11	4		5			6 - 8		17
Week 4 - 12/18	4		5			8 - 10		19
Week 5 - 12/25	4	ST / BW	5	ST / BW		10		19
Week 6 - 1/1	5	ST / BW	5	ST / BW		8 - 10 - 12		22
Week 7 - 1/8	5	ST / BW	5 - HI	ST / BW		10 RR #1		20
Week 8 - 1/15	5	ST / BW	5 - HI	ST / BW		12		22
Week 9 - 1/22	6	ST / BW	6 - HI	ST / BW		10 RR #2		22
Week 10 - 1/29	4	ST / BW	7 - HI	ST / BW		14 - 16		25
Week 11 - 2/5	6	ST / BW	7 - HI	ST / BW		10 RR#3		23
Week 12 - 2/12	6	ST / BW	8 - HI	ST / BW		14 - 16 - 18		30
Week 13 - 2/19	6	ST / BW	8 - HI	ST / BW		10 RR #4		24
Week 14 - 2/26	6	ST / BW	9 - HI	ST / BW		18 - 20		35
Week 15 - 3/4	6	ST / BW	9 - HI	ST / BW		10 RR #5		25
Week 16 - 3/11	6	ST / BW	10 - HI	ST / BW		16 - 18 - 20		36
Week 17 - 3/18	6	ST / BW	10 - HI	ST / BW		12 - 14		30
Week 18 - 3/25	6	ST / BW	9 - HI	ST / BW		10		25
Week 19 - 4/1	6	ST / BW	7 - HI	ST / BW		8		21
Week 20 - 4/8	4		3 Easy	3 miles		2		9
April 15 2024	RACE DAY							

Program Overview:

Starting Weekly Mileage: 10 miles

Highest Mileage Week: 36 miles

Longest Run: 20 miles

Progression: Very gradual

Injury Risk: very low

The number next to each hill interval refers to the total mileage of that workout.

Included in that is a 1.5 - 2 mile easy run at the beginning / end of each hill workout.

Key:

RR: Riverside Run

ST: Strength Train

HI: Hill Intervals

XT: Cross Train

SP: Steady Pace

BW: Brisk Walk 30 - 60 minutes