

Program 3: Advanced Beginner

3 days of running per week

2 days of strength training

Ideal for advanced beginners who are motivated to do strength work in addition to running

Beginner A	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Milage
Week 1 - 5/10	4	ST	4	ST		5		13
Week 2 - 5/17	4	ST	4	ST		6		14
Week 3 - 5/24	4	ST	4	ST		6		16
Week 4 - 5/31	4	ST	4	ST		8 - 10		18
Week 5 - 6/7	4	ST	4	ST		10		18
Week 6 - 6/14	4	ST	6 - Hill Intervals	ST		10 - 12		22
Week 7 - 6/21	5	ST	6 - Hill Intervals	ST		10 *		21
Week 8 - 6/28	5	ST	6 - Hill Intervals	ST		12		23
Week 9 - 7/5	5	ST	6 - Hill Intervals	ST		10 *		21
Week 10 - 7/12	5	ST	7 - Hill Intervals	ST		12 - 14		26
Week 11 - 7/19	6	ST	7 - Hill Intervals	ST		10 *		23
Week 12 - 7/26	4	ST	8 - Hill Intervals	ST		14 - 16		30
Week 13 - 8/2		ST	8 - Hill Intervals	ST		10 *		24
Week 14 - 8/9	6	ST	9 - Hill Intervals	ST		16 - 18		33
Week 15 - 8/16	6	ST	9 - Hill Intervals	ST		10 *		24
Week 16 - 8/23	6	ST	9 - Hill Intervals	ST		16 - 18		35
Week 17 - 8/31	6	ST	9 - Hill Intervals	ST		10 *		25
Week 18 - 9/6	6	ST	9 - Hill Intervals	ST		12 - 14		29
Week 19 - 9/13	6	ST	8 - Hill Intervals	ST		18 - 20		34
Week 20 - 9/20	6	ST	7 - Hill Intervals	ST		10 - 12		25
Week 21 - 9/27	6	ST	6 - Hill Intervals	ST		8		20
Week 22 - 10/4	4	ST	4		2 - 3	2		13
October 11th 2021	RACE DAY					*Woodland Run		

Starting Weekly Milage: 13 miles
 Key Runs: hill intervals and & runs
 Progression: Very gradual
 ST: Strength Train

Highest Milage Week: 34 miles
 Longest Run: 20 miles
 Injury Risk: very low