

Program 6: Advanced

5 days of running per week

2 days of strength training

1 day of non-impact cardio cross training/intervals

Ideal for runners who can train daily, like intensity and are highly motivated

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY Or rest	SATURDAY Long run	SUNDAY
Week 1 - 5/10	7 SP	ST/XT	8 SP	5 SP & ST	Easy 4	10	XT
Week 2 - 5/17	7 SP	ST/XT	8 SP	6 SP & ST	Easy 4	10	XT
Week 3 - 5/24	8 SP	ST/XT	8 SP	6 SP & ST	Easy 4	12	XT
Week 4 - 5/31	8 SP	ST/XT	8 SP	6 SP & ST	Easy 5	10	XT
Week 5 - 6/7	8 SP	ST/XT	8 SP	7 SP & ST	Easy 5	10 - 14	XT
Week 6 - 6/14	8 IY (4)	ST/XT	8 SP	7 SP & ST	Easy 5	12	XT
Week 7 - 6/21	8 T	ST/XT	8 SP	8 SP & ST	Easy 6	10 - 12	XT
Week 8 - 6/28	8 IY (5)	ST/XT	8 HI	8 SP & ST	Easy 5	14 - 16	XT
Week 9 - 7/5	8 T	ST/XT	8 HI	9 SP & ST	Easy 7	12	XT
Week 10 - 7/12	8 IY (6)	ST/XT	9 HI	9 SP & ST	Easy 5	10+ *	XT
Week 11 - 7/19	8 T	ST/XT	9 HI	10 SP & ST	Easy 7	14 - 16 - 18	XT
Week 12 - 7/26	9 IY (7)	ST/XT	10 HI	10 SP & ST	Easy 6	16 - 18	XT
Week 13 - 8/2	9 T	ST/XT	10 HI	10 SP & ST	Easy 8	16 - 18 - 20	XT
Week 14 - 8/9	9 IY (8)	ST/XT	10 HI	10 SP & ST	Easy 6	10+ *	XT
Week 15 - 8/16	10 T	ST/XT	10 HI	10 SP & ST	Easy 8	18 - 20 - 22	XT
Week 16 - 8/23	10 IY (9)	ST/XT	10 HI	10 SP & ST	Easy 4	10+ *	XT
Week 17 - 8/31	10 T	ST/XT	10 HI	10 SP & ST	Easy 9	12 - 16	XT
Week 18 - 9/6	8 IY (10)	ST/XT	10 HI	10 SP & ST	Easy 8	18 - 20 - 22	XT
Week 19 - 9/13	8 T	ST/XT	8 HI	8 SP & ST	Easy 4	12 - 14	XT
Week 20 - 9/20	8 IY (6)	ST/XT	8 HI	8 SP & ST	Easy 8	10+ *	XT
Week 21 - 9/27	6 IY (4)	ST/XT	6 - 8 HI	8 SP & ST	-	8 - 10	XT
Week 22 - 10/4	4 IY (3)	ST/XT	2 - 3 HI	5	-	3	2
October 11th 2021	RACE DAY					<i>*Riverside Run</i>	

IY(#): 800m lasso intervals, (#) indicates how many intervals

XT: Cross Train - Non-impact cardio - See training guide on furey262.com

ST: Strength Train - See training guide on furey262.com

HI: Hill Intervals Find more info/schedule on furey262.com

SP: Steady Pace

T: Tempo run - 20 minutes of a hard pace in the middle of run