

Program 2: Beginner B

2 days of running per week

2 days of non impact cardio mixed w/ strength training

Ideal for beginners with primary goal of completion and minimal time to train.

Beginner B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Milage	
Week 1 - 5/25	XT/ST		6	XT/ST		6*		12	
Week 2 - 6/1	XT/ST		6	XT/ST		7		13	
Week 3 - 6/8	XT/ST		6	XT/ST		8*		15	
Week 4 - 6/15	XT/ST		6	XT/ST		10		16	
Week 5 - 6/22	XT/ST		6 - Hill Intervals x3	XT/ST		10 - 12*		18	
Week 6 - 6/29	XT/ST		6 - Hill Intervals x4	XT/ST		12		18	
Week 7 - 7/6	XT/ST		7 - Hill Intervals x5	XT/ST		10*		17	
Week 8 - 7/13	XT/ST		8 - Hill Intervals x6	XT/ST		12 - 14		22	
Week 9 - 7/20	XT/ST		8 - Hill Intervals x7	XT/ST		10*		18	
Week 10 - 7/27	XT/ST		9 - Hill Intervals x8	XT/ST		14 - 16		25	
Week 11 - 8/3	XT/ST		9 - Hill Intervals x8	XT/ST		12*		21	
Week 12 - 8/10	XT/ST		9 - Hill Intervals x9	XT/ST		8*		17	
Week 13 - 8/17	XT/ST		10 - Hill Intervals x10	XT/ST		17 - 20		30	
Week 14 - 8/24	XT/ST		8 - Hill Intervals x8	XT/ST		10		18	
Week 15 - 8/31	XT/ST		7 - Hill Intervals x4	XT/ST		8		15	
Week 16 - 9/6	XT/ST		3			2		5	
Sept. 14 2020	RACE DAY	<i>*Can switch long run to 5k or 8k timed trial.</i>							

XT/ST = Cross train/Strength Train (Non-impact cardio mixed with strength training)
See cross training guide on furey262.com

Starting Weekly Milage: 12 miles
Key Runs: hill intervals and & runs
Progression: Very gradual

Highest Milage Week: 30 miles
Longest Run: 20 miles
Injury Risk: very low