

# Program 3: Advanced Beginner

3 days of running per week  
2 days of strength training

*Ideal for beginners who can add strength training their weekly training*

Advanced Beginner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Milage	
Week 1 - 5/25	5	ST	6	ST		6*		17	
Week 2 - 6/1	5	ST	6	ST		8		19	
Week 3 - 6/8	5	ST	6	ST		10*		21	
Week 4 - 6/15	5	ST	6	ST		11		21	
Week 5 - 6/22	5	ST	6 - Hill Intervals x3	ST		10 - 12*		24	
Week 6 - 6/29	6	ST	6 - Hill Intervals x4	ST		12		24	
Week 7 - 7/6	6	ST	7 - Hill Intervals x5	ST		10*		23	
Week 8 - 7/13	6	ST	8 - Hill Intervals x6	ST		12 - 14		27	
Week 9 - 7/20	6	ST	8 - Hill Intervals x7	ST		10		25	
Week 10 - 7/27	6	ST	9 - Hill Intervals x8	ST		14 - 16		30	
Week 11 - 8/3	6	ST	10 - Hill Intervals x9	ST		12		28	
Week 12 - 8/10	6	ST	10 - Hill Intervals x10	ST		8		28	
Week 13 - 8/17	6	ST	10 - Hill Intervals x10	ST		17 - 20 - 21		34 - 36	
Week 14 - 8/24	6	ST	8 - Hill Intervals x9	ST		10		24	
Week 15 - 8/31	6	ST	7 - Hill Intervals x6	ST		8		21	
Week 16 - 9/6	4		4			2			
Sept. 14 2020	<b>RACE DAY</b>	<i>* May substitute with a 5k or 8k time trial</i>							

ST = Strength train

Please see [furey262.com](http://furey262.com) or email me with questions

Starting Milage: 17 miles  
Key Runs: hill intervals and & runs  
Progression: Very gradual

Highest Milage Week: 33 miles  
Longest Run: 20 miles  
Injury Risk: very low