

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 - 6/7 | 4 | ST | 4 | ST | | 5 | | 13 |
| Week 2 - 6/14 | 4 | ST | 4 | ST | | 6 | | 14 |
| Week 3 - 6/21 | 4 | ST | 4 | ST | | 6 | | 16 |
| Week 4 - 6/28 | 4 | ST | 4 | ST | | 8 - 10 | | 18 |
| Week 5 - 7/5 | 4 | ST | 4 | ST | | 10 | | 18 |
| Week 6 - 7/12 | 4 | ST | 6 - Hill Intervals | ST | | 10 - 12 | | 22 |
| Week 7 - 7/19 | 5 | ST | 6 - Hill Intervals | ST | | 10 * | | 21 |
| Week 8 - 7/26 | 5 | ST | 6 - Hill Intervals | ST | | 12 | | 23 |
| Week 9 - 8/2 | 5 | ST | 6 - Hill Intervals | ST | | 10 * | | 21 |
| Week 10 - 8/9 | 5 | ST | 7 - Hill Intervals | ST | | 12 - 14 | | 26 |
| Week 11 - 8/16 | 6 | ST | 7 - Hill Intervals | ST | | 10 * | | 23 |
| Week 12 - 8/23 | 4 | ST | 8 - Hill Intervals | ST | | 14 - 16 | | 30 |
| Week 13 - 8/30 | | ST | 8 - Hill Intervals | ST | | 10 * | | 24 |
| Week 14 - 9/6 | 6 | ST | 9 - Hill Intervals | ST | | 16 - 18 | | 33 |
| Week 15 - 9/13 | 6 | ST | 9 - Hill Intervals | ST | | 10 * | | 24 |
| Week 16 - 9/20 | 6 | ST | 9 - Hill Intervals | ST | | 16 - 18 | | 35 |
| Week 17 - 9/27 | 6 | ST | 9 - Hill Intervals | ST | | 10 * | | 25 |
| Week 18 - 10/4 | 6 | ST | 9 - Hill Intervals | ST | | 12 - 14 | | 29 |
| Week 19 - 10/11 | 6 | ST | 8 - Hill Intervals | ST | | 18 - 20 | | 34 |
| Week 20 - 10/18 | 6 | ST | 7 - Hill Intervals | ST | | 10 - 12 | | 25 |
| Week 21 - 10/25 | 6 | ST | 6 - Hill Intervals | ST | | 8 | | 20 |
| Week 22 - 11/1 | 4 | ST | 4 | | 2 - 3 | 2 | | 13 |
| November 7th 2021 | RACE DAY | | | | | <i>*Woodland Run</i> | | |

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