

Program 2: Beginner B

2 days of running per week
2 days of non-impact cardio/strength training

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

As weeks progress and body adapts to running, you can add 3rd day of running if desired.

	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Mileage
	XT/ST		6	XT/ST		7		13
Week 2 - 7/8	XT/ST		6	XT/ST		8		14
Week 3 - 7/15	XT/ST		6	XT/ST		10		16
Week 4 - 7/22	XT/ST		6	XT/ST		10-12		18
Week 5 - 7/29	XT/ST		7	XT/ST		10		17
Week 6 - 8/5	XT/ST		7	XT/ST		12-14		21
Week 7 - 8/12	XT/ST		6 - Hill Intervals	XT/ST		10		17
Week 8 - 8/19	XT/ST		7 - Hill Intervals	XT/ST		14-16		24
Week 9 - 8/26	XT/ST		7 - Hill Intervals	XT/ST		10		18
Week 10 - 9/2	XT/ST		8 - Hill Intervals	XT/ST		16-18		27
Week 11 - 9/9	XT/ST		8 - Hill Intervals	XT/ST		10		19
Week 12 - 9/16	XT/ST		8 - Hill Intervals	XT/ST		16-18		27
Week 13 - 9/23	XT/ST		8 - Hill Intervals	XT/ST		10		19
Week 14 - 9/30	XT/ST		8 - Hill Intervals	XT/ST		16-18-20		29
Week 15 - 10/7	XT/ST		8 - Hill Intervals	XT/ST		10		19
Week 16 - 10/14	XT/ST		8 - Hill Intervals	XT/ST		10		18
Week 17 - 10/21	XT/ST		7 - Hill Intervals	XT/ST		8		15
Week 18 - 10/28	XT/ST		3	XT/ST	2-3		RACE DAY	

Hill Intervals start week 7

Starting Weekly Mileage: 13 miles
Key Runs: hill intervals and & long runs
Progression: Very gradual
XT/ST: Cross Train/Strength Train

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