

Program 3: Advanced Beginner

3 days of running per week
2 days of strength training

Ideal for beginners who are motivated to do strength work in addition to running

	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Mileage
	4	ST	4	ST		8		14
Week 2 - 7/8	4	ST	6 - Hill Intervals	ST		10		20
Week 3 - 7/15	5	ST	6 - Hill Intervals	ST		10		21
Week 4 - 7/22	5	ST	6 - Hill Intervals	ST		12		23
Week 5 - 7/29	5	ST	6 - Hill Intervals	ST		10		21
Week 6 - 8/5	5	ST	7 - Hill Intervals	ST		12-14		25
Week 7 - 8/12	6	ST	7 - Hill Intervals	ST		10		23
Week 8 - 8/19	4	ST	8 - Hill Intervals	ST		14-16+		28
Week 9 - 8/26	6	ST	8 - Hill Intervals	ST		10		24
Week 10 - 9/2	6	ST	9 - Hill Intervals	ST		14-16-18		31
Week 11 - 9/9	6	ST	9 - Hill Intervals	ST		10		25
Week 12 - 9/16	6	ST	9 - Hill Intervals	ST		16-18-20		35
Week 13 - 9/23	6	ST	9 - Hill Intervals	ST		10		25
Week 14 - 9/30	6	ST	9 - Hill Intervals	ST		18-20+		36
Week 15 - 10/7	6	ST	8 - Hill Intervals	ST		12		26
Week 16 - 10/14	6	ST	7 - Hill Intervals	ST		10		23
Week 17 - 10/21	6	ST	6 - Hill Intervals	ST		8		20
Week 18 - 10/28	4	ST	4	ST	2-3		RACE DAY	

Hill Intervals start week 7

Starting Weekly Mileage: 14 miles
Key Runs: hill intervals and & long runs
Progression: Very gradual
ST: Strength Train
Note: An additional day of non-impact cardio can be added if desired

Highest Mileage Week: 36 miles
Longest Run: 20 miles
Injury Risk: very low