

# Program 6: Advanced

5 days of running per week  
2 days of strength training

1 day of non-impact cardio cross training/intervals

	<b>MONDAY</b> Steady pace	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b> Long run	<b>SUNDAY</b>	<b>Total Mileage</b>
<b>Week 1 - 7/3</b>	8 SP	XT/ST	8	6 SP & ST	Easy 5	10	XT	33
<b>Week 2 - 7/10</b>	8 YI(8)	XT/ST	8	7 SP & ST	Easy 5	12	XT	40
<b>Week 3 - 7/17</b>	8 T	XT/ST	8	7 SP & ST	Easy 6	10-12	XT	42
<b>Week 4 - 7/24</b>	8 YI (5)	XT/ST	8	8 SP & ST	Easy 5	14	XT	43
<b>Week 5 - 7/31</b>	8 T	XT/ST	8	8 SP & ST	Easy 7	10	XT	42
<b>Week 6 - 8/7</b>	8 YI (6)	XT/ST	8	9 SP & ST	Easy 5	14-16	XT	47
<b>Week 7 - 8/14</b>	8 T	XT/ST	8 - Hill Intervals	9 SP & ST	Easy 7	12	XT	46
<b>Week 8 - 8/21</b>	9 YI (7)	XT/ST	9 - Hill Intervals	10 SP & ST	Easy 6	16-18	XT	53
<b>Week 9 - 8/28</b>	9 T	XT/ST	9 - Hill Intervals	10 SP & ST	Easy 8	12	XT	49
<b>Week 10 - 9/4</b>	9 YI (8)	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 6	18-20	XT	55
<b>Week 11 - 9/11</b>	10 T	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 8	10-12	XT	50
<b>Week 12 - 9/18</b>	10 YI (9)	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 4	20+	XT	54
<b>Week 13 - 9/25</b>	10 T	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 9	12	XT	52
<b>Week 14 - 10/2</b>	8 YI (10)	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 8	20-22	XT	60
<b>Week 15 - 10/9</b>	8 T	XT/ST	8 - Hill Intervals	8 SP & ST	Easy 4	14	XT	42
<b>Week 16 - 10/16</b>	8 YI (6)	XT/ST	8 - Hill Intervals	8 SP & ST	Easy 8	10	XT	42
<b>Week 17 - 10/23</b>	6 YI (4)	XT/ST	6-8 Hill Intervals	8 SP & ST	-	8-10	XT	30
<b>Week 18 - 10/30</b>	4 YI (3)	XT/ST	2-4 Hill Intervals	5	-	2-3	<b>RACE DAY</b>	

Hill Intervals start week 7 (8/15)

IY(#): 800m lasso intervals, (#) indicates how many intervals  
 XT: Cross Train - Non-impact cardio - See training guide on furey262.com  
 ST: Strength Train - See training guide on furey262.com  
 HI: Hill Intervals Find more info/schedule on furey262.com  
 SP: Steady Pace  
 T: Tempo run - 20 minutes of a hard pace in the middle of run  
 Highest Weekly Mileage: 60