

Program 1: Beginner A

3 days of running per week
1 - 2 day of strength training

Ideal for beginners with a primary goal of completion and minimal time to train. This plan consists of only running but it is recommended to add some strength training if possible.

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY <u>LONG RUN</u>	SUNDAY	Total Mileage
Week 1 - 12/2	3 SP		3 SP			4		10
Week 2 - 12/9	3.5		4			5 - 6		13.5
Week 3 - 12/16	4		5			6 - 8		17
Week 4 - 12/23	4		5			8 - 10		19
Week 5 - 12/30	4	ST / BW	5	ST / BW		10		19
Week 6 - 1/6	5	ST / BW	5	ST / BW		8 - 10 - 12		22
Week 7 - 1/13	5	ST / BW	5 - HI	ST / BW		10 RR #1		20
Week 8 - 1/20	5	ST / BW	5 - HI	ST / BW		12		22
Week 9 - 1/27	6	ST / BW	6 - HI	ST / BW		10 RR #2		22
Week 10 - 2/3	4	ST / BW	7 - HI	ST / BW		14 - 16		25
Week 11 - 2/10	6	ST / BW	7 - HI	ST / BW		10 RR#3		23
Week 12 - 2/17	6	ST / BW	8 - HI	ST / BW		14 - 16 - 18		30
Week 13 - 2/24	6	ST / BW	8 - HI	ST / BW		10 RR #4		24
Week 14 - 3/3	6	ST / BW	9 - HI	ST / BW		18 - 20		35
Week 15 - 3/10	6	ST / BW	9 - HI	ST / BW		10 RR #5		25
Week 16 - 3/17	6	ST / BW	10 - HI	ST / BW		16 - 18 - 20		36
Week 17 - 3/24	6	ST / BW	10 - HI	ST / BW		12 - 14		30
Week 18 - 3/31	6	ST / BW	9 - HI	ST / BW		10		25
Week 19 - 4/7	6	ST / BW	7 - HI	ST / BW		8		21
Week 20 - 4/14	4		3 Easy	3 miles		2		9
April 21 2025	RACE DAY							

Program Overview:

Starting Weekly Mileage: 10 miles

Highest Mileage Week: 36 miles

Longest Run: 20 miles

Progression: Very gradual

Injury Risk: very low

The number next to each hill interval refers to the total mileage of that workout.
Included in that is a 1.5 - 2 mile easy run at the beginning / end of each hill workout.

Key:

RR: Riverside Run

ST: Strength Train

HI: Hill Intervals

XT: Cross Train

SP: Steady Pace

BW: Brisk Walk 30 - 60 minutes