

Program 1: Beginner A

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

*Ideal for beginners with 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 LONG RUN	SUNDAY	Total Milage
Week 1 - 11/26	3 SP		3 SP			4		10
Week 2 - 12/5	3.5		4			5 - 6		13.5
Week 3 - 12/12	4		5			6 - 8		17
Week 4 - 12/19	4		5			8 - 10		19
Week 5 - 12/26	4	ST	5	ST		10		19
Week 6 - 1/2	5	ST	5	ST		8 - 10 - 12		22
Week 7 - 1/9	5	ST	5 - HI	ST		10 RR #1		20
Week 8 - 1/16	5	ST	5 - HI	ST		12		22
Week 9 - 1/23	6	ST	6 - HI	ST		10 RR #2		22
Week 10 - 1/30	4	ST	7 - HI	ST		14 - 16		25
Week 11 - 2/6	6	ST	7 - HI	ST		10 RR#3		23
Week 12 - 2/13	6	ST	8 - HI	ST		14 - 16 - 18		30
Week 13 - 2/20	6	ST	8 - HI	ST		10 RR #4		24
Week 14 - 2/27	6	ST	9 - HI	ST		18 - 20		35
Week 15 - 3/6	6	ST	9 - HI	ST		10 RR #5		25
Week 16 - 3/13	6	ST	10 - HI	ST		16 - 18 - 20		36
Week 17 - 3/20	6	ST	10 - HI	ST		12 - 14		30
Week 18 - 3/27	6	ST	9 - HI	ST		10		25
Week 19 - 4/3	6	ST	7 - HI	ST		8		21
Week 20 - 4/10	4		3 Easy	ST (no legs)		2		9
April 17 2023	RACE DAY							

Program Overview:

Starting Weekly Milage: 10 miles
Key Runs: hill intervals & long runs
Progression: Very gradual

Highest Milage Week: 36 miles
Longest Run: 20 miles
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
HI: Hill intervals
ST: Strength Train
SP: Steady Pace