

Program 2: Beginner B

2 days of running per week

2 days of non impact cardio mixed w/ strength training

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

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Milage
Week 1 - 11/18	XT/ST		5	XT/ST		5 - Long Run		10
Week 2 - 11/25	XT/ST		5	XT/ST		5 - Long Run		10
Week 3 - 12/2	XT/ST		5	XT/ST		6 - Long Run		11
Week 4 - 12/9	XT/ST		5	XT/ST		6 - Long Run		11
Week 5 - 12/16	XT/ST		6	XT/ST		7 - Long Run		12
Week 6 - 12/23	XT/ST		6	XT/ST		8 - Long Run		14
Week 7 - 12/30	XT/ST		6 - Hill Intervals			10 - Long Run*		16
Week 8 - 1/6	XT/ST		6 - Hill Intervals			10-12 - Long Run		18
Week 9 - 1/13	XT/ST		7 - Hill Intervals			10 - Long Run*		17
Week 10 - 1/20	XT/ST		7 - Hill Intervals			12-14 Long Run		21
Week 11 - 1/27	XT/ST		7 - Hill Intervals			10 - Long Run*		17
Week 12 - 2/3	XT/ST		8 - Hill Intervals			12-14-16 - Long Run		24
Week 13 - 2/10	XT/ST		8 - Hill Intervals			10 - Long Run*		18
Week 14 - 2/17	XT/ST		9 - Hill Intervals			14 - Long Run		23
Week 15 - 2/24	XT/ST		9 - Hill Intervals			10 - Long Run*		19
Week 16 - 3/2	XT/ST		9 - Hill Intervals			16-18 - Long Run		27
Week 17 - 3/9	XT/ST		9 - Hill Intervals			10 - Long Run*		19
Week 18 - 3/16	XT/ST		9 - Hill Intervals			12-14-16-18 - Long Run		27
Week 19 - 3/23	XT/ST		9 - Hill Intervals			18 - 20 - Long Run		29
Week 20 - 3/30	XT/ST		8 - Hill Intervals			10 - 12 - Long Run		20
Week 21 - 4/6	XT/ST		7 - Hill Intervals			8 - Long Run		15
Week 22 - 4/13	XT/ST		3			2		5
APRIL 20, 2020	RACE DAY					* = Riverside Run		

XT/ST = Cross train (Non-impact cardio mixed with strength training) - See cross training guide on furey262.com

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

Highest Milage Week: 29 miles
Longest Run: 20 miles
Injury Risk: very low