

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, minimal time to train & possible injury issues that may make the 2 run week more favorable.

Beginner B	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Mileage
Week 1 - 11/26			4 Steady Pace			4 - 5		9
Week 2 - 12/5			5			5 - 6		11
Week 3 - 12/12	XT/ST		6	XT/ST		7 - 8		13
Week 4 - 12/19	XT/ST		6	XT/ST		8		14
Week 5 - 12/26	XT/ST	ST	6 - HI	XT/ST		10		16
Week 6 - 1/2	XT/ST	ST	6 - HI	XT/ST		10 - 12		18
Week 7 - 1/9	XT/ST	ST	7 - HI	XT/ST		10 RR #1		17
Week 8 - 1/16	XT/ST	ST	7 - HI	XT/ST		12		19
Week 9 - 1/23	XT/ST	ST	7 - HI	XT/ST		10 RR #2		19
Week 10 - 1/30	XT/ST	ST	8 - HI	XT/ST		14		22
Week 11 - 2/6	XT/ST	ST	8 - HI	XT/ST		10 RR#3		18
Week 12 - 2/13	XT/ST	ST	9 - HI	XT/ST		14 - 16		25
Week 13 - 2/20	XT/ST	ST	9 - HI	XT/ST		10 RR #4		19
Week 14 - 2/27	XT/ST	ST	9 - HI	XT/ST		16 - 18		27
Week 15 - 3/6	XT/ST	ST	9 - HI	XT/ST		10 RR #5		19
Week 16 - 3/13	XT/ST	ST	9 - HI	XT/ST		18 - 20		29
Week 17 - 3/20	XT/ST	ST	9 - HI	XT/ST		12 - 14		23
Week 18 - 3/27	XT/ST	ST	8 - HI	XT/ST		10 - 12		18
Week 19 - 4/3	XT/ST	ST	7 - HI	XT/ST		8		15
Week 20 - 4/10	XT/ST		3	ST (no legs)		2		5
April 17 2023	RACE DAY							

Program Overview:

Starting Weekly Mileage: 13 miles

Key Runs: hill intervals & long runs

Progression: Very gradual

Highest Mileage 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.

You can do some moderate cardio before and/or after the strength training (5 - 15 minutes).

Or, you could finish the workout with non-impact intervals or finishes

Key:

RR: Riverside Run

HI: Hill intervals

ST: Strength Train

XT: Cross Train

SP: Steady Pace