

# Program 3: Advanced Beginner

3 days of running per week  
2 days of strength training

*Ideal for beginners*

Beginner A	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Total Milage
Week 1 - 11/18	4	ST	4	ST		5 - Long Run		13
Week 2 - 11/25	4	ST	4	ST		6 - Long Run		14
Week 3 - 12/2	4	ST	4	ST		6 - Long Run		16
Week 4 - 12/9	4	ST	4	ST		8 - 10 - Long Run		18
Week 5 - 12/16	4	ST	4	ST		10 - Long Run		18
Week 6 - 12/23	4	ST	6 - Hill Intervals	ST		10 - 12 - Long Run		22
Week 7 - 12/30	5	ST	6 - Hill Intervals	ST		10 - Long Run*		21
Week 8 - 1/6	5	ST	6 - Hill Intervals	ST		12 - Long Run		23
Week 9 - 1/13	5	ST	6 - Hill Intervals	ST		10 - Long Run*		21
Week 10 - 1/20	5	ST	7 - Hill Intervals	ST		12 - 14 Long Run		26
Week 11 - 1/27	6	ST	7 - Hill Intervals	ST		10 - Long Run*		23
Week 12 - 2/3	4	ST	8 - Hill Intervals	ST		14 - 16 - Long Run		30
Week 13 - 2/10		ST	8 - Hill Intervals	ST		10 - Long Run*		24
Week 14 - 2/17	6	ST	9 - Hill Intervals	ST		16 - 18 - Long Run		33
Week 15 - 2/24	6	ST	9 - Hill Intervals	ST		10 - Long Run*		24
Week 16 - 3/2	6	ST	9 - Hill Intervals	ST		16 - 18 - Long Run		35
Week 17 - 3/9	6	ST	9 - Hill Intervals	ST		10 - Long Run*		25
Week 18 - 3/16	6	ST	9 - Hill Intervals	ST		12 - 14 - Long Run		29
Week 19 - 3/23	6	ST	8 - Hill Intervals	ST		18 - 20 - Long Run		34
Week 20 - 3/30	6	ST	7 - Hill Intervals	ST		10 - 12 - Long Run		25
Week 21 - 4/6	6	ST	6 - Hill Intervals	ST		8 - Long Run		20
Week 22 - 4/13	4	ST	4		2 - 3	2		13
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](http://furey262.com)

Starting Milage: 13 miles  
Key Runs: hill intervals and & runs  
Progression: Very gradual

Highest Milage Week: 33 miles  
Longest Run: 20 miles  
Injury Risk: very low