

Program 3: Advanced Beginner

3 days of running per week

2 days of strength training, one with cardio at end

1 day of non-impact cardio or brisk walking

Ideal for advanced beginners who are motivated to do strength work in addition to running

Advanced Beginner	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY	Total Mileage
Week 1 - 11/26	4	ST	3	ST		5 - 6		14
Week 2 - 12/5	4	ST	4	ST		6 - 7		16
Week 3 - 12/12	4	ST	4	ST		6 - 8		18
Week 4 - 12/19	4	ST	6	ST		8 - 10		22
Week 5 - 12/26	5	ST	6	ST		10		21
Week 6 - 1/2	5	ST	6	ST		10 - 12		23
Week 7 - 1/9	5	ST	6 - HI	ST		10 RR #1		21
Week 8 - 1/16	5	ST	6 - HI	ST		12 - 14		26
Week 9 - 1/23	6	ST	7 - HI	ST		10 RR #2		23
Week 10 - 1/30	4	ST	7 - HI	ST		14 - 16+		28
Week 11 - 2/6	6	ST	8 - HI	ST		10 RR#3		24
Week 12 - 2/13	6	ST	8 - HI	ST		16 - 18		33
Week 13 - 2/20	6	ST	9 - HI	ST		10 RR #4		25
Week 14 - 2/27	6	ST	9 - HI	ST		18		38
Week 15 - 3/6	6	ST	9 - HI	ST		10 RR #5		25
Week 16 - 3/13	6	ST	10 - HI	ST		18 - 20+		35
Week 17 - 3/20	6	ST	10 - HI	ST		14		28
Week 18 - 3/27	6	ST	9 - HI	ST		10 - 12		25
Week 19 - 4/3	6	ST	7 - HI	ST		8		20
Week 20 - 4/10	4	ST	4	ST (no legs)	2 - 3	2		13
April 17 2023	RACE DAY							

Program Overview:

Starting Weekly Mileage: 14 miles

Key Runs: hill intervals & long runs

Progression: Very gradual

Highest Mileage Week: 40 miles

Longest Run: 20+ miles

Injury Risk: very low

An additional day of non-impact cardio can be added if you want (brisk walk, etc)

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

XT: Cross Train

SP: Steady Pace