

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 - 12/2	4	ST	3	XT/ST		5 - 6	OFF	14
Week 2 - 12/9	4	ST	4	XT/ST		6 - 7	OFF	16
Week 3 - 12/16	4	ST	4	XT/ST		6 - 8	OFF	18
Week 4 - 12/23	4	ST	6	XT/ST		8 - 10	OFF	22
Week 5 - 12/30	5	ST	6	XT/ST		10	OFF	21
Week 6 - 1/6	5	ST	6	XT/ST		10 - 12	OFF	23
Week 7 - 1/13	5	ST	6 - HI	XT/ST		10 RR #1	OFF	21
Week 8 - 1/20	5	ST	6 - HI	XT/ST		12 - 14	OFF	26
Week 9 - 1/27	6	ST	7 - HI	XT/ST		10 RR #2	OFF	23
Week 10 - 2/3	4	ST	7 - HI	XT/ST		14 - 16+	OFF	28
Week 11 - 2/10	6	ST	8 - HI	XT/ST		10 RR#3	OFF	24
Week 12 - 2/17	6	ST	8 - HI	XT/ST		16 - 18	OFF	33
Week 13 - 2/24	6	ST	9 - HI	XT/ST		10 RR #4	OFF	25
Week 14 - 3/3	6	ST	9 - HI	XT/ST		18	OFF	38
Week 15 - 3/10	6	ST	9 - HI	XT/ST		10 RR #5	OFF	25
Week 16 - 3/17	6	ST	10 - HI	XT/ST		18 - 20+	OFF	35
Week 17 - 3/24	6	ST	10 - HI	XT/ST		14	OFF	28
Week 18 - 3/31	6	ST	9 - HI	XT/ST		10 - 12	OFF	25
Week 19 - 4/7	6	ST	7 - HI	XT/ST		8	OFF	20
Week 20 - 4/14	4	ST	4	ST (no legs)	2 - 3	2	OFF	13
.April.21st, 2025	RACE DAY							

Program Overview:

Starting Weekly Mileage: 14 miles

Highest Mileage Week: 40 miles

Longest Run: 20+

Progression: Very gradual

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
SP: Steady Pace

ST: Strength Train
XT: Cross Train 30 - 60 minutes after/before ST