

# Program 3: Advanced Beginner

3 days of running per week

2 days of strength training

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

Advanced Beginner	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Milage
Week 1 - 12/13	4	ST	4	ST		10		18
Week 2 - 12/20	4	ST	6 - Hill Intervals	ST		10 - 12		24
Week 3 - 12/27	5	ST	6 - Hill Intervals	ST		10		21
Week 4 - 1/3	5	ST	6 - Hill Intervals	ST		12		23
Week 5 - 1/10	5	ST	6 - Hill Intervals	ST		10 - 11		22
Week 6 - 1/17	5	ST	7 - Hill Intervals	ST		10 * (RR)		22
Week 7 - 1/24	6	ST	7 - Hill Intervals	ST		12 - 14		27
Week 8 - 1/31	4	ST	8 - Hill Intervals	ST		10 * (RR)		22
Week 9 - 2/7	6	ST	8 - Hill Intervals	ST		14 - 16		30
Week 10 - 2/14	6	ST	9 - Hill Intervals	ST		10 * (RR)		25
Week 11 - 2/21	6	ST	9 - Hill Intervals	ST		16 - 18		33
Week 12 - 2/28	6	ST	9 - Hill Intervals	ST		10 * (RR)		25
Week 13 - 3/7	6	ST	9 - Hill Intervals	ST		16 - 20		35
Week 14 - 3/14	6	ST	9 - Hill Intervals	ST		10 * (RR)		25
Week 15 - 3/21	6	ST	8 - Hill Intervals	ST		18 - 20+		34
Week 16 - 3/28	6	ST	7 - Hill Intervals	ST		10 - 12		25
Week 17 - 4/4	6	ST	6 - Hill Intervals	ST		8		20
Week 18 - 4/11	4	ST	4	ST (no legs)	2 - 3	2		13
April 18th 2022	<b>RACE DAY</b>					*Riverside Run		

Starting Weekly Milage: 18 miles  
 Key Runs: hill intervals and & runs  
 Progression: Very gradual  
 ST: Strength Train

Highest Milage Week: 35 miles  
 Longest Run: 20 miles  
 Injury Risk: very low

Note: An additional day of non-impact cardio can be added if you want