

Ideal for runners with 2+ years of experience who can train daily, like intensity and are highly motivated

Advanced	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY LONG RUN	SUNDAY
Week 1 - 11/26	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 6	12	XT
Week 2 - 12/5	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 6	14	XT
Week 3 - 12/12	8 SP	8 SP & ST	8 SP	7 SP & ST	Easy 7	14 - 16 LR Tempo	XT
Week 4 - 12/19	7 YI (5)	8 SP & ST	8 SP	7 SP & ST	Easy 6	16 - 18 LR Tempo	XT
Week 5 - 12/26	7 IRM (3)	8 SP & ST	8 SP	8 SP & ST	Easy 8	10	XT
Week 6 - 1/2	8 YI (6)	8 SP & ST	8 - HI	8 SP & ST	Easy 6	16 LR Tempo	XT
Week 7 - 1/9	8 IRM (4)	8 SP & ST	8 - HI	9 SP & ST	Easy 8	10 - 12 RR #1	XT
Week 8 - 1/16	8 YI (7)	8 SP & ST	9 - HI	9 SP & ST	Easy 6	18	XT
Week 9 - 1/23	8 IRM (5)	8 SP & ST	9 - HI	10 SP & ST	Easy 8	10 - 12 RR #2	XT
Week 10 - 1/30	9 YI (8)	8 SP & ST	10 - HI	10 SP & ST	Easy 6	18 - 20	XT
Week 11 - 2/6	9 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 8	10 - 12 RR#3	XT
Week 12 - 2/13	9 YI (9)	8 SP & ST	10 - HI	10 SP & ST	Easy 5	20	XT
Week 13 - 2/20	10 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 10	10 - 12 RR #4	XT
Week 14 - 2/27	10 YI (10)	8 SP & ST	10 - HI	10 SP & ST	Easy 4	20	XT
Week 15 - 3/6	10 IRM (6)	8 SP & ST	10 - HI	10 SP & ST	Easy 8	10 - 12 RR #5	XT
Week 16 - 3/13	10 YI (10)	8 SP & ST	10 - HI	10 SP & ST	Easy 6	20	XT
Week 17 - 3/20	10 IRM (5)	8 SP & ST	10 - HI	8 SP & ST	Easy 4	16	XT
Week 18 - 3/27	8 YI (6)	8 SP & ST	9 - HI	8 SP & ST	Easy 6	10 - 12 - 14	XT
Week 19 - 4/3	8 YI (4)	6 SP & ST	6 - HI	8 SP & ST	Easy 7	8 - 10	XT
Week 20 - 4/10	SP	ST/XT	4 - 6	ST		3 - 4	2
April 17 2023	RACE DAY						

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:

YI(#): 800m lasso intervals, (#) indicates how many intervals

RR: Riverside Run

HI: Hill Intervals

ST: Strength Train

XT: Cross Train / non impact cardio

SP: Steady Pace

LR Tempo: Tempo run - Long run with 3 hard paced miles in the middle of the run

IRM (#): Mile repeats, # indicates how many repeats