

## PROGRAM OVERVIEWS

<b>Program 1:</b> <i>Beginner:</i> 3 day run only	34 mile peak week
<b>Program 2:</b> <i>Beginner:</i> 3 day run/ 2 day strength train	34 mile peak
<b>Program 3:</b> <i>Beginner/Intermediate:</i> 3 day run/ 2 day strength train/ 2 day cardio cross-train	34 mile peak
<b>Program 4:</b> <i>Intermediate:</i> 4 day run/ 2 day strength train/ 2 day cardio cross-train	44 mile peak
<b>Program 5:</b> <i>Intermediate/Advanced:</i> 4 day run/ 2 day strength train/ 2 day cardio cross train 44 mile peak	44 mile peak
<b>Program 6:</b> <i>Advanced:</i> 5 day run/ 2 day strength train/ 1-2 day cross train	60 mile peak