

Program 6: Advanced

5 days of running per week
 2 days of strength training
 1 day of non-impact cardio cross training/intervals

	MONDAY Steady pace	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY Long run	SUNDAY	Total Mileage
Week 1 - 7/1	8 SP	XT/ST	8	6 SP & ST	Easy 5	10	XT	33
Week 2 - 7/8	8 YI(8)	XT/ST	8	7 SP & ST	Easy 5	12	XT	40
Week 3 - 7/15	8 T	XT/ST	8	7 SP & ST	Easy 6	10-12	XT	42
Week 4 - 7/22	8 YI (5)	XT/ST	8	8 SP & ST	Easy 5	14	XT	43
Week 5 - 7/29	8 T	XT/ST	8	8 SP & ST	Easy 7	10	XT	42
Week 6 - 8/5	8 YI (6)	XT/ST	8	9 SP & ST	Easy 5	14-16	XT	47
Week 7 - 8/12	8 T	XT/ST	8 - Hill Intervals	9 SP & ST	Easy 7	12	XT	46
Week 8 - 8/19	9 YI (7)	XT/ST	9 - Hill Intervals	10 SP & ST	Easy 6	16-18	XT	53
Week 9 - 8/26	9 T	XT/ST	9 - Hill Intervals	10 SP & ST	Easy 8	12	XT	49
Week 10 - 9/2	9 YI (8)	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 6	18-20	XT	55
Week 11 - 9/9	10 T	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 8	10-12	XT	50
Week 12 - 9/16	10 YI (9)	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 4	20+	XT	54
Week 13 - 9/23	10 T	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 9	12	XT	52
Week 14 - 9/30	8 YI (10)	XT/ST	10 - Hill Intervals	10 SP & ST	Easy 8	20-22	XT	60
Week 15 - 10/7	8 T	XT/ST	8 - Hill Intervals	8 SP & ST	Easy 4	14	XT	42
Week 16 - 10/14	8 YI (6)	XT/ST	8 - Hill Intervals	8 SP & ST	Easy 8	10	XT	42
Week 17 - 10/21	6 YI (4)	XT/ST	6-8 Hill Intervals	8 SP & ST	-	8-10	XT	30
Week 18 - 10/28	4 YI (3)	XT/ST	2-4 Hill Intervals	5	-	2-3	RACE DAY	

Hill Intervals start week 7

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

XT: Cross Train - Non-impact cardio - See training guide on furey262.com

ST: Strength Train - See training guide on furey262.com

HI: Hill Intervals Find more info/schedule on furey262.com

SP: Steady Pace

T: Tempo run - 20 minutes of a hard pace in the middle of run

Highest Weekly Mileage: 60