



The Advanced Program

There won't be many changes to the running program, except for the addition of an optional extra training day and hill workouts. The program is designed to build gradually so that injury does not occur.

The training program will have a weekly mileage goal, it is not imperative that you hit this number every week but you should try to be consistent, this will help to prevent injury and lead to the best possible performance. The goal is more of a guideline as there is no set mileage for each day. You should therefore divide the mileage somewhat evenly throughout the week, i.e. don't run 3 days of 2 miles and one long run of 14 miles.

For speed workouts try repeats of varying distances: 400m, 800m, 1 mile for multiple reps with a stationary or walking rest of equal duration.

Hill work outs consist of a good warm up with hill repeats, the rest is walking jogging down the hill.

These should be done at ¾ pace. You should find it difficult to hold a conversation. This is the same for speed workouts.

Week	Mon	Tuesday	Wed	Thursday	Friday	Saturday	Sunday	Mileage Goal
1	Run	X train	Speed	Cross-Train/Run	Run	Long Run		20
2	Run	X train	Speed	Cross-Train/Run	Run	Long Run		22
3	Run	X train	Speed	Cross-Train/Run	Run	Long Run		26
4	Run	X train	Speed	Cross-Train/Run	Run	Long Run		24
5	Run	X train	Speed	Cross-Train/Run	Run	Long Run		30
6	Run	X train	Speed	Cross-Train/Run	Speed	Long Run	Rest/x Train	28
7	Run	X train	Speed/Hills	Cross-Train/Run	Speed	Long Run	Rest/x Train	32
8	Run	X train	Speed/Hills	Cross-Train/Run	Speed	Long Run	Rest/x Train	36
9	Run	X train	Speed/Hills	Cross-Train/Run	Speed	Long Run	Rest/x Train	30
10	Run	X train	Speed/Hills	Cross-Train/Run	Speed	Long Run	Rest/x Train	36

**For any questions or to schedule a free injury screen please email me:
rob@elliottphysicaltherapy.com**