

**HOSPITAL HILL RUN TRAINING SCHEDULE**



**Schedule - Advanced Run**

This training schedule is designed for those athletes who  
 (i) have been running regularly for at least a year and  
 (ii) have previously run races of 13.1 miles or longer distance.

You should follow this training program if: (i) you have been running at least 4 times per week during the last 6 months to a year, (ii) your average weekly mileage is at least 25 miles per week and (iii) you are able to run at least 10 miles continuously as part of your training.

<u>Week</u>	<u>Monday</u> (Tempo)	<u>Tuesday</u> (Easy)	<u>Wednesday</u> (Hills & Speed)	<u>Thursday</u> (Easy)	<u>Friday</u> (Cross Train)	<u>Saturday</u> (Long)	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	3 Miles	3 Miles	3 Miles (Hills)	3 Miles	30 - 40 Minutes	5 Miles	Rest	March 7, 2010
2	3 Miles	3 Miles	4 Miles (Hills)	3 Miles	30 - 40 Minutes	6 Miles	Rest	March 14, 2010
3	3 Miles	3 Miles	5 Miles* (6 x 400)	3 Miles	30 - 40 Minutes	7 Miles	Rest	March 21, 2010
4	4 Miles	3 Miles	5 Miles (Hills)	3 Miles	30 - 40 Minutes	8 Miles	Rest	March 28, 2010
5	4 Miles	4 Miles	4 Miles* (8 x 400)	4 Miles	30 - 40 Minutes	6 Miles	Rest	April 3, 2010
6	4 Miles	4 Miles	6 Miles	4 Miles	30 - 40	9 Miles	Rest	April 11, 2010

			(Hills)		Minutes			
7	4 Miles	4 Miles	6 Miles* (6 x 800)	4 Miles	45 - 50 Minutes	10 Miles	Rest	April 18, 2010
8	5 Miles	4 Miles	6 Miles (Hills)	4 Miles	45 - 50 Minutes	11 Miles	Rest	April 25, 2010
9	5 Miles	5 Miles	6 Miles* (3 x 1600)	5 Miles	45 - 50 Minutes	8 Miles	Rest	May 2, 2010
10	5 Miles	5 Miles	7 Miles (Hills)	5 Miles	45 - 50 Minutes	12 Miles	Rest	May 9, 2010
11	4 Miles	4 Miles	8 Miles* (4 x 1600)	5 Miles	45 - 50 Minutes	13 Miles	Rest	May 16, 2010
12	4 Miles	4 Miles	6 Miles* (3 x 1600)	4 Miles	45 - 50 Minutes	8 Miles	Rest	May 23, 2010
13	5 Miles	4 Miles	5 Miles* (1 x 4800)	3 Miles	45 - 50 Minutes	6 Miles	Rest	May 30, 2010
14	3 Miles	3 Miles	3 Miles (Race Pace)	Rest	Rest	13.1 Miles <b>RACE DAY!</b>	Rest	June 6, 2010