

# Run This City

NYC

## 8 Week Training Program

Level 2  
Beginner

|   | Monday             | Tuesday | Wednesday           | Thursday | Friday | Saturday            | Sunday |
|---|--------------------|---------|---------------------|----------|--------|---------------------|--------|
| 1 | Stretch + Strength | 3.0 MI  | Cross Train 30 MIN. | 2.5 MI   | Rest   | Cross Train 40 MIN. | 3.0 MI |
| 2 | Stretch + Strength | 3.0 MI  | Cross Train 30 MIN. | 2.5 MI   | Rest   | Cross Train 40 MIN. | 3.0 MI |
| 3 | Stretch + Strength | 3.0 MI  | Cross Train 35 MIN. | 2.5 MI   | Rest   | Cross Train 40 MIN. | 4.0 MI |
| 4 | Stretch + Strength | 3.0 MI  | Cross Train 35 MIN. | 2.5 MI   | Rest   | Cross Train 40 MIN. | 4.0 MI |
| 5 | Stretch + Strength | 3.0 MI  | Cross Train 40 MIN. | 2.5 MI   | Rest   | Cross Train 40 MIN. | 4.5 MI |
| 6 | Stretch + Strength | 3.0 MI  | Cross Train 40 MIN. | 2.5 MI   | Rest   | Cross Train 40 MIN. | 5.0 MI |
| 7 | Stretch + Strength | 3.0 MI  | Cross Train 45 MIN. | 2.5 MI   | Rest   | Cross Train 40 MIN. | 5.0 MI |
| 8 | Stretch + Strength | 3.0 MI  | Cross Train 30 MIN. | 2.5 MI   | Rest   | Rest                | Race   |