

Run This City

NYC

8 Week Training Program

Level 4
Advanced

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	3 MI Run + Strength	30 MIN Tempo Run	30 MIN Tempo Run	3 MI Run + Strength	Rest	5.0 MI	6.0 MI
2	3 MI Run + Strength	40 MIN Tempo Run	40 MIN Tempo Run	3.5 MI Run + Strength	Rest	5.0 MI	7.0 MI
3	3 MI Run + Strength	50 MIN Tempo Run	50 MIN Tempo Run	4 MI Run + Strength	Rest	5.0 MI	8.0 MI
4	3 MI Run + Strength	30 MIN Tempo Run	30 MIN Tempo Run	3 MI Run + Strength	2.0 MI	Rest	6.0 MI
5	3 MI Run + Strength	40 MIN Tempo Run	40 MIN Tempo Run	5 MI Run + Strength	Rest	6.0 MI	8.0 MI
6	3 MI Run + Strength	40 MIN Tempo Run	40 MIN Tempo Run	4 MI Run + Strength	Rest	5.0 MI	7.0 MI
7	3 MI Run + Strength	60 MIN Tempo Run	60 MIN Tempo Run	6 MI Run + Strength	Rest	6.0 MI	10.0 MI
8	3 MI Run + Strength	30 MIN Tempo Run	30 MIN Tempo Run	3.0 MI	Rest	Rest	Race