



**FORT2BASE
10 NAUTICAL MILES
ADVANCED RUN TRAINING PROGRAM**

<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	May 26, 2013
2	3 Miles	3 Miles	4 Miles (Hills)	3 Miles	30 - 40 Minutes	6 Miles	Rest	June 2, 2013
3	3 Miles	3 Miles	5 Miles* (6 x 400)	3 Miles	30 - 40 Minutes	7 Miles	Rest	June 9, 2013
4	4 Miles	3 Miles	5 Miles (Hills)	3 Miles	30 - 40 Minutes	8 Miles	Rest	June 16, 2013
5	4 Miles	4 Miles	4 Miles* (8 x 400)	4 Miles	30 - 40 Minutes	6 Miles	Rest	June 23, 2013
6	4 Miles	4 Miles	6 Miles (Hills)	4 Miles	30 - 40 Minutes	9 Miles	Rest	June 30, 2013

7	4 Miles	4 Miles	6 Miles* (6 x 800)	4 Miles	45 - 50 Minutes	10 Miles	Rest	July 7, 2013
8	5 Miles	4 Miles	6 Miles (Hills)	4 Miles	45 - 50 Minutes	11 Miles	Rest	July 14, 2013
9	5 Miles	5 Miles	6 Miles* (3 x 1600)	5 Miles	45 - 50 Minutes	8 Miles	Rest	July 21, 2013
10	5 Miles	5 Miles	7 Miles (Hills)	5 Miles	45 - 50 Minutes	12 Miles	Rest	July 28, 2013
11	4 Miles	4 Miles	8 Miles* (4 x 1600)	5 Miles	45 - 50 Minutes	13 Miles	Rest	August 4, 2013
12	4 Miles	4 Miles	6 Miles* (3 x 1600)	4 Miles	45 - 50 Minutes	8 Miles	Rest	August 11, 2013
13	5 Miles	4 Miles	5 Miles* (1 x 4800)	3 Miles	45 - 50 Minutes	6 Miles	Rest	August 18, 2013
14	3 Miles	3 Miles	3 Miles (Race Pace)	Rest	Rest	Rest	11.5 Miles RACE DAY!	August 25, 2013