



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

<u>Week</u>	<u>Monday</u>	<u>Tuesday</u> (Cross Train)	<u>Wednesday</u> (Hills and Speed)	<u>Thursday</u> (Easy Run)	<u>Friday</u> (Cross Train)	<u>Saturday</u> (Easy Long Run)	<u>Sunday</u>	<u>Week Ending</u> Sunday
1	3 Miles	40 - 45 Minutes	10 x 200	3 Miles	40 - 45 Minutes	4 Miles	Rest	July 7, 2013
2	4 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	40 - 45 Minutes	4 Miles	Rest	July 14, 2013
3	4 Miles	40 - 45 Minutes	3 x 800 1 x 1600	3 Miles	40 - 45 Minutes	5 Miles	Rest	July 21, 2013
4	4 Miles	40 - 45 Minutes	4 Miles (Hills)	3 Miles	40 - 45 Minutes	4 Miles	Rest	July 28, 2013
5	5 Miles	40 - 45 Minutes	4 x 800 1 x 1600	3 Miles	40 - 45 Minutes	4 Miles	Rest	August 4, 2013
6	4 Miles	40 - 45 Minutes	4 Miles	3 Miles	40 - 45 Minutes	6 Miles	Rest	August 11, 2013

(Hills)

7	3 Miles	40 - 45 Minutes	6 x 800	3 Miles	40 - 45 Minutes	4 Miles	Rest	August 18, 2013
8	3 Miles	30 Minutes	2 Miles at Race Pace	Rest	Rest	Rest	<b>3.45 Miles RACE DAY!</b>	August 25, 2013