

3. The Level III Schedule

This training plan is designed for the more experienced runner who is aiming for a fast time. It is a step up in mileage and intensity from the Level II Schedule and is best suited for those who have been running 3-5 times a week for the last 4-6 weeks.

You should be covering 15-20 miles per week and be able to comfortably run for 6 miles.

The Level III Schedule follows the same progression as the Level I and Level II Schedules, except that you begin with an 8 mile long run and peak with two 16 mile runs.

Letter Codes:

O	Off day	Complete rest. No cross-training
C	Cross-training	Non-weight-bearing aerobic activities such as aqua-jogging, swimming, or cycling. Perform at a conversation effort for 20-40 minutes.
R	Recovery run	Very relaxed effort over flat terrain for short duration followed by extensive stretching routine to loosen up tight spots. Have fun with this one!
SL	Semi-long run	After 2 mile warm-up (very relaxed effort), settle into conversation effort.
L	Long run	After 2 mile warm up, follow long workout pace guidelines
H	Hilly run	After 2 mile warm up, push hills at 10K effort and recover on the rest of a hilly route.
G	Goal pace run	4 (2-1-1) means to go easy for 2 miles, 1 mile at goal pace, 1 mile cool down.
LF	Long fast run	5 (3-1-1) means go easy for 3 miles, 1 mile at long fast pace, 1 mile cool down.
SF	Short fast run	6SF: 6X800 means to perform a track workout of six 800 meter repeats.
+	And Optional	R+C means to run or walk with the option of also cross-training
/	Or	R/C means to choose either a recovery workout or a cross-training activity.

3. The Level III Schedule

Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Endurance		O	R+C	G	R/C	SL	C/O	L	
	Week 1		3	4 (2-1-1)	3	4		8	19-22
	Week 2		3/O	4 (2-1-1)	3	5		6	18-22
	Week 3		3	5 (2-2-1)	3	5		10	23-26
Recovery	Week 4		3	5 (2-2-1)	C/O	4	O	6	18
Strength	Week 5	O	R+C	H	R/C	LF	C/O	L/G	
	Week 6		3	5	3	5 (3-1-1)		12	25-28
	Week 7		3	5	3	6 (4-1-1)		10/O	14-27
	Week 8		4/O	5	3	6 (3-2-1)		14	29-36
Recovery	Week 9		3	5	C/O	5 R	O	8G(4-3-1)	21
			4	6	3	6 (3-2-1)		15	32-35
	Week 10		4	7	3		10	5K Event	27-30
Recovery	Week 11		3/O	5	C/O	5R	O	12 G (6-5-1)	25
Speed	Week 12	O	R+C	SF/LF	R/C	SL	C/O	L/G	
	Week 13		4	6X800	3	6		16	35-38
	Week 14		4	7LF (3-3-1)	3	7		8	26-29
Recovery	Week 15		4/O	6LF (2-3-1)	C/O	5	O	10 G (2-7-1) /O	15-30
	Week 16		4/O	7X800	3	7		16	36-41
			4	8X800	3	6	10	5k Event	28-31
Taper	Week 17	O	R	LF/G	O	R	O	SL	
	Week 18		4/O	5LF (3-2-1)		4		8	21
	Week 19		3	4G (2-1-1)		2		Half Marathon	9