

# NEW YORK CITY

## 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 <sub>MI</sub>	6.0 <sub>MI</sub>
2	3 MI RUN +STRENGTH	40 MIN TEMPO RUN	40 MIN TEMPO RUN	3.5 MI RUN +STRENGTH	REST	5.0 <sub>MI</sub>	7.0 <sub>MI</sub>
3	3 MI RUN +STRENGTH	50 MIN TEMPO RUN	50 MIN TEMPO RUN	4 MI RUN +STRENGTH	REST	5.0 <sub>MI</sub>	8.0 <sub>MI</sub>
4	3 MI RUN +STRENGTH	30 MIN TEMPO RUN	30 MIN TEMPO RUN	3 MI RUN +STRENGTH	2.0 <sub>MI</sub>	REST	6.0 <sub>MI</sub>
5	3 MI RUN +STRENGTH	40 MIN TEMPO RUN	40 MIN TEMPO RUN	5 MI RUN +STRENGTH	REST	6.0 <sub>MI</sub>	8.0 <sub>MI</sub>
6	3 MI RUN +STRENGTH	40 MIN TEMPO RUN	40 MIN TEMPO RUN	4 MI RUN +STRENGTH	REST	5.0 <sub>MI</sub>	7.0 <sub>MI</sub>
7	3 MI RUN +STRENGTH	60 MIN TEMPO RUN	60 MIN TEMPO RUN	6 MI RUN +STRENGTH	REST	6.0 <sub>MI</sub>	10.0 <sub>MI</sub>
8	3 MI RUN +STRENGTH	30 MIN TEMPO RUN	30 MIN TEMPO RUN	3.0 <sub>MI</sub>	REST	RACE	