

3. The Level III Schedule...

This schedule is designed for the intermediate runner who is aiming to finish around the 3:30 mark. If you decide to follow a program like this you should ideally have either marathon or half-marathon experience.

This Schedule is best suited for those who have been running at least 4-6 times per week, covering 20-25 miles, and be able to comfortably run 8 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 three 20 mile runs.

Letter Codes		
O	Off day	Complete Off. No cross-training. Active recovery such as self massage recommended.
C	Cross training	Non-weight-bearing aerobic activities such as aqua-jogging, swimming, or cycling. Be sure to perform them at 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!
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	8G (4-3-1) means go easy for 4 miles, 3 miles at goal pace, 1 mile cool-down.
LF	Long fast run	7(5-1-1) means go easy for 5 miles, 1 mile at long fast pace, 1 mile cool down.
+	And optional	R+C means to run or walk with the option of also cross-training (i.e. swimming)
/	Or	R/C/O means to choose either a recovery run or a cross-training activity or to take the day off.

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Phase	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Mileage
Endurance		<i>C/O</i>	R	R/C/O	SL	R/C	O	L	
	Week 1	2-3	3-5	4-6 SL	2-4	5-7	Off	8	22-33
Recovery	Week 2	Off	2-5	4-6 SL	2-4	4-6	Off	10	22-31
	Week 3	2-3	3-5	5-7 <i>G</i>	2-4	5-8	Off	12	27-39
	Week 4	2-3	4-6	5-7 <i>G</i>	2-4	6-8	<i>C/O</i>	8	25-36
	Week 5	2-3	4-6	5-7 <i>G</i>	2-4	6-9	Off	14	31-44
Recovery	Week 6	Off	3-5	4-7 SL	3-5	4-7	<i>C/O</i>	10	24-34
Strength		R/C/O	R+C	SL/LF	R+C	H/SL	C/O	L/G	
	Week 7	2-3	4-6	3-4	7-9 H	5-7 R	<i>C/O</i>	12 <i>G</i> (8-4)	31-41
	Week 8	2-3	4-6	6-9 LF	3-5	7-9 H	Off	16	36-48
Recovery	Week 9	Off	5-7 SL	3-5	5-7 H	<i>C/O</i>	10	5K Event	26-34
	Week 10	Off	5-7 SL	3-4	7-10 LF	5-7 R	Off	18	39-51
	Week 11	Off	7-9 LF	3-5	6-9 H	<i>C/O</i>	10	5K Event	30-39
Speed		R/C/O	R+C	SL/LF	R+C	SL	C/O	L/G	
	Week 12	Off	6-8 SL	3-5	8-11 LF	6-8 SL	Off	20	44-57
Recovery	Week 13	Off	3-5	6-8 SL	3-5	6-8 H	Off	10	28-36
	Week 14	2-3	6X800	3-5	8-11 SL	3-5	Off	1/2 Marathon	26-38
	Week 15	Off	5-7 R	3-5	7-10 SL	5-7 R	Off	22 L/G (15-6-1)	53-60
	Week 16	Off	4-6	8-11 SL	3-5	8X800	Off	10	34-41
	Week 17	Off	4-6	7-10 LF	3-5	7-9 SL	3-5	20	44-55
Taper		O	R	R	R/O	R	O	SL	
	Week 18	Off	4-6	4-6	2-4	10X800	Off	10	28-36
	Week 19	Off	4-6	4-6 LF	2-4	3-5	Off	7	18-17
	Week 20	Off	3-5 <i>G</i>	3-4	2-3	2-3	0-2	Marathon	