

### 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.

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