	Runner Level	Focus	Frequency	Duration of Daily Run	Intensity	Volume (mpw)	Minimum threshold to move to next level			
1	1 st time, new	Work up to	3-4 Days per	3 Miles (5k)	Very Easy	10-15 mpw	Run 3 miles			
	runners just	running 3	week every	20-30	Run/walk to	(15-25 kpw)	continuously, in			
	getting	miles (5k) 3	other day	minutes	start, work		relative comfort, 3			
	started	times a week			up to		days per week for			
					running		3-4 weeks in a row			
					continuously					
	C25K is a good p	C25K is a good place to start								
2	Beginner,	Increase the	4-7 days per	3 Miles (5k)	Very easy,	20-25 mpw	Run 3 miles			
	novice,	number of	week	20-30	walk if you	(30-40 kpw)	continuously, in			
	recreational,	days per		minutes	have to		relative comfort, 5-			
	general	week that			every now		7 days per week fo			
	fitness	you run from			and then		3-4 weeks in a row			
	runners	3-4 to 5-7								
		days nor								
		days per								
		week								
	7)	week tional days to you								
	add additional r	week tional days to you unning days to you	ur schedule. Add a	dditional days aft	er you are able to	run continuously	and fairly comfortably			
	add additional r for 3-4 weeks at	week tional days to you unning days to you your current num	ur schedule. Add a	dditional days aft eek. As the week	er you are able to s add up, you will	run continuously				
3	add additional r for 3-4 weeks at	week tional days to you unning days to you your current num	ur schedule. Add a ber of days per we	dditional days aft eek. As the week	er you are able to s add up, you will	run continuously	and fairly comfortably			
3	add additional r for 3-4 weeks at than you did at	week tional days to your unning days to you your current num the beginning. Let	ur schedule. Add a ber of days per we your body be the	dditional days aft eek. As the week guide and be pati	er you are able to s add up, you will ent.	run continuously find that you ada	y and fairly comfortably opt much more quickly			
3	add additional r for 3-4 weeks at than you did at Beginner,	week tional days to your unning days to you your current num the beginning. Let Increase the	ur schedule. Add a ber of days per we your body be the p 6-7 days per	dditional days aft eek. As the week guide and be pati 3-13 miles	er you are able to s add up, you will ent. Very easy to	run continuously find that you ada 25-45+	y and fairly comfortably opt much more quickly Variable and			
3	add additional r for 3-4 weeks at than you did at Beginner, recreational,	week tional days to your unning days to you your current num the beginning. Let Increase the distance of	ur schedule. Add a ber of days per we your body be the p 6-7 days per	dditional days aft eek. As the week guide and be pati 3-13 miles (5-20k)	er you are able to s add up, you will ent. Very easy to	run continuously find that you ada 25-45+ mpw	y and fairly comfortably pt much more quickly Variable and subjective.			
3	add additional r for 3-4 weeks at than you did at Beginner, recreational, novice,	week tional days to your unning days to your your current num the beginning. Let Increase the distance of 2-3 runs per	ur schedule. Add a ber of days per we your body be the p 6-7 days per	dditional days aft eek. As the week guide and be pati 3-13 miles (5-20k) 30-90	er you are able to s add up, you will ent. Very easy to	run continuously find that you ada 25-45+ mpw	Variable and subjective.			
3	add additional r for 3-4 weeks at than you did at Beginner, recreational, novice, general	week tional days to your unning days to your your current num the beginning. Let Increase the distance of 2-3 runs per week.	ur schedule. Add a ber of days per we your body be the p 6-7 days per	dditional days aft eek. As the week guide and be pati 3-13 miles (5-20k) 30-90	er you are able to s add up, you will ent. Very easy to	run continuously find that you ada 25-45+ mpw	vand fairly comfortably pt much more quickly Variable and subjective. Consistency is paramount at this			
3	add additional r for 3-4 weeks at than you did at Beginner, recreational, novice, general	week tional days to your unning days to your your current num the beginning. Let Increase the distance of 2-3 runs per week.	ur schedule. Add a ber of days per we your body be the p 6-7 days per	dditional days aft eek. As the week guide and be pati 3-13 miles (5-20k) 30-90	er you are able to s add up, you will ent. Very easy to	run continuously find that you ada 25-45+ mpw	vand fairly comfortably pt much more quickly Variable and subjective. Consistency is paramount at this level. You have held you			
3	add additional r for 3-4 weeks at than you did at Beginner, recreational, novice, general fitness, early	week tional days to your unning days to your your current num the beginning. Let Increase the distance of 2-3 runs per week. Introduce	ur schedule. Add a ber of days per we your body be the p 6-7 days per	dditional days aft eek. As the week guide and be pati 3-13 miles (5-20k) 30-90	er you are able to s add up, you will ent. Very easy to	run continuously find that you ada 25-45+ mpw	vand fairly comfortably pt much more quickly Variable and subjective. Consistency is paramount at this level.			
3	add additional r for 3-4 weeks at than you did at Beginner, recreational, novice, general fitness, early	week tional days to your unning days to your your current num the beginning. Let Increase the distance of 2-3 runs per week. Introduce	ur schedule. Add a ber of days per we your body be the p 6-7 days per	dditional days aft eek. As the week guide and be pati 3-13 miles (5-20k) 30-90	er you are able to s add up, you will ent. Very easy to	run continuously find that you ada 25-45+ mpw	vand fairly comfortably pt much more quickly Variable and subjective. Consistency is paramount at this level. You have held you			

At this level you will want to establish your baseline mileage (whatever that is for you) over 3-4 weeks, and then maintain that weekly mileage with very little variation (less than 5%) for at least 8-12 weeks. Every 4 weeks or so take a recovery week with 10-20% fewer miles than your baseline mileage. So if you are at 25 mpw currently and want to establish a baseline mileage of 40 mpw, take 3-4 weeks to increase your weekly mileage to 40 mpw—then hold 40 mpw for 8-12 weeks, with every 4th week a recovery week at 30-35 mpw, for 8-12 weeks minimum. You can add intensity to a run or two per week, but again, add the intensity gradually and remain consistent.

Level 3 and 4 can be combined, just be very careful to not add too much training stress (volume+Intensity+frequency= training stress at once. Let your body adapt before you add another day of increased mileage or intensity to your weekly routine.

Your weekly schedule might look like this:

Mon: 3-4 miles, Tues: 3-4 miles, Wed: 5-8+ miles, Thur: 3-4 miles, Fri: 0-4 miles, Sat: 3-4 miles, Sun: 5-12+ miles

4	Competitive	Increase the	6-7 days per	3-18+ miles	Very easy to	30-80+	When easy				
	runners	variation of	week	(5-30k+)	very intense	mpw	recovery days				
		both		30-150	18	(45-125k+)	approach 60				
		intensity and		minutes			minutes of running				
		duration of									
		daily runs.									
		Add intense									
		workouts 1-									
		3x per week									
	Recovery days become increasingly important at this level. As you add higher intensity runs and longer runs (runs of quality) to										
	your weekly schedule, be sure that you run easy on you recovery days and adequately recover before adding another run of										
	quality.										
	Once your body has adapted to the intensity of 2-3 workouts (runs of quality)per week at your baseline mileage, you can begin										
	adding miles to your recovery days. When your recovery runs approach 60 minutes of easy running it is time to add secondary										
	runs to your program.										