

10 MILE INTERMEDIATE

ROCKY RUN
OFFICIAL TRAINING PROGRAM
LEVEL II — 10 MILE

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	2.0 MILES	2.0 MILES	RECOVERY	3.0 MILES	3.0 MILES	3.0 MILES	RECOVERY
2	3.0 MILES	3.0 MILES	RECOVERY	3.0 MILES	3.0 MILES	3.16 MILES	RECOVERY
3	3.0 MILES	3.0 MILES	RECOVERY	4.0 MILES	3.0 MILES	4.0 MILES	RECOVERY
4	4.0 MILES	3.0 MILES	RECOVERY	4.0 MILES	3.0 MILES	4.0 MILES	RECOVERY
5	4.0 MILES	3.0 MILES	RECOVERY	4.0 MILES	3.0 MILES	5.0 MILES	RECOVERY
6	4.0 MILES	3.0 MILES	RECOVERY	4.0 MILES	3.0 MILES	6.0 MILES	RECOVERY
7	5.0 MILES	4.0 MILES	RECOVERY	4.0 MILES	4.0 MILES	7.0 MILES	RECOVERY
8	5.0 MILES	4.0 MILES	3.0 MILES	5.0 MILES	4.0 MILES	8.0 MILES	RECOVERY
9	5.0 MILES	4.0 MILES	RECOVERY	5.0 MILES	4.0 MILES	9.0 MILES	RECOVERY
10	5.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	6.0 MILES	6.2 MILES	RECOVERY
11	5.0 MILES	4.0 MILES	RECOVERY	5.0 MILES	5.0 MILES	RECOVERY	6.2 MILES
12	RECOVERY	3.0 MILES	RECOVERY	5.0 MILES	RECOVERY	ROCKY RUN	RECOVERY