

5K ADVANCED

ROCKY RUN
OFFICIAL TRAINING PROGRAM
LEVEL IV — 5K (3.10 MI)

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	3.25 MILE RUN	4 X 400	REST/LIGHT RUN	35 MIN RUN	RECOVERY	4.25 MILE RUN	65 MIN RUN
2	3.25 MILE RUN	6 X 200	REST/LIGHT RUN	35 MIN RUN	RECOVERY	4.25 MILE RUN	70 MIN RUN
3	3.25 MILE RUN	8 X 400	REST/LIGHT RUN	35 MIN RUN	RECOVERY	5.25 MILE RUN	75 MIN RUN
4	3.25 MILE RUN	8 X 200	REST/LIGHT RUN	40 MIN RUN	REST/LIGHT RUN	RECOVERY	80 MIN RUN
5	3.25 MILE RUN	6 X 400	REST/LIGHT RUN	40 MIN RUN	RECOVERY	5.25 MILE RUN	80 MIN RUN
6	3.25 MILE RUN	12 X 200	REST/LIGHT RUN	45 MIN RUN	RECOVERY	6.25 MILE RUN	90 MIN RUN
7	3.25 MILE RUN	6 X 400	REST/LIGHT RUN	45 MIN RUN	RECOVERY	6.25 MILE RUN	95 MIN RUN
8	2.25 MILE RUN	8 X 200	35 MIN RUN	REST/LIGHT RUN	RECOVERY	ROCKYRUN	RECOVERY