

# 5K ADVANCED

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

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