

# 5K INTERMEDIATE

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

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>1</b>	RECOVERY	3.25 MILE RUN	4 X 400	3.25 MILE RUN	RECOVERY	3.25 MILE RUN	5.25 MI RUN
<b>2</b>	RECOVERY	3.25 MILE RUN	35 MIN RUN	3.25 MILE RUN	RECOVERY	2.0 MILE RUN	40-65 MIN WALK
<b>3</b>	RECOVERY	3.25 MILE RUN	6 X 400	3.25 MILE RUN	RECOVERY	2.25 MILE RUN	45-65 MIN WALK
<b>4</b>	RECOVERY	3.25 MILE RUN	30 MIN RUN	3.25 MILE RUN	RECOVERY	2.5 MILE RUN	50-65 MIN WALK
<b>5</b>	RECOVERY	3.25 MILE RUN	6 X 400	3.25 MILE RUN	RECOVERY	2.75 MILE RUN	55-65 MIN WALK
<b>6</b>	RECOVERY	3.25 MILE RUN	45 MIN RUN	3.25 MILE RUN	RECOVERY	3.0 MILE RUN	60-65 MIN WALK
<b>7</b>	RECOVERY	3.25 MILE RUN	8 X 400	3.25 MILE RUN	RECOVERY	3.25 MILE RUN	65 MIN WALK
<b>8</b>	RECOVERY	3.25 MILE RUN	35 MIN RUN	2.25 MILE RUN	RECOVERY	<b>ROCKYRUN</b>	RECOVERY