

5K INTERMEDIATE

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

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