

# 13.1 MILE ADVANCED

ROCKY RUN  
OFFICIAL TRAINING PROGRAM  
LEVEL III — 13.1 MILE

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>1</b>	5.0 MILES	3.0 MILES	RECOVERY	6.0 MILES	3.0 MILES	7.0 MILES	RECOVERY
<b>2</b>	5.0 MILES	3.0 MILES	RECOVERY	6.0 MILES	3.0 MILES	8.0 MILES	RECOVERY
<b>3</b>	5.0 MILES	3.0 MILES	RECOVERY	6.0 MILES	3.0 MILES	9.0 MILES	RECOVERY
<b>4</b>	6.0 MILES	3.0 MILES	RECOVERY	7.0 MILES	3.0 MILES	10.0 MILES	RECOVERY
<b>5</b>	6.0 MILES	3.0 MILES	RECOVERY	7.0 MILES	4.0 MILES	10.0 MILES	RECOVERY
<b>6</b>	6.0 MILES	4.0 MILES	RECOVERY	7.0 MILES	4.0 MILES	10.0 MILES	RECOVERY
<b>7</b>	7.0 MILES	4.0 MILES	RECOVERY	8.0 MILES	4.0 MILES	11.0 MILES	RECOVERY
<b>8</b>	8.0 MILES	4.0 MILES	RECOVERY	9.0 MILES	4.0 MILES	11.0 MILES	RECOVERY
<b>9</b>	8.0 MILES	5.0 MILES	RECOVERY	10.0 MILES	5.0 MILES	12.0 MILES	RECOVERY
<b>10</b>	6.0 MILES	5.0 MILES	RECOVERY	10.0 MILES	5.0 MILES	12.0 MILES	RECOVERY
<b>11</b>	6.0 MILES	5.0 MILES	RECOVERY	6.0 MILES	5.0 MILES	RECOVERY	6.0 MILES
<b>12</b>	5.0 MILES	5.0 MILES	RECOVERY	6.0 MILES	RECOVERY	<b>ROCKY RUN</b>	RECOVERY