

13.1 MILE BEGINNER

ROCKY RUN
OFFICIAL TRAINING PROGRAM
LEVEL 1 — 13.1 MILE

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	1.0 MILES	1.0 MILES	RECOVERY	1.0 MILES	RECOVERY	1.5 MILES	RECOVERY
2	1.0 MILES	2.0 MILES	RECOVERY	2.0 MILES	RECOVERY	2.0 MILES	RECOVERY
3	2.0 MILES	2.0 MILES	RECOVERY	2.0 MILES	RECOVERY	3.0 MILES	RECOVERY
4	2.0 MILES	3.0 MILES	RECOVERY	3.0 MILES	RECOVERY	4.0 MILES	RECOVERY
5	3.0 MILES	4.0 MILES	RECOVERY	4.0 MILES	RECOVERY	5.0 MILES	RECOVERY
6	4.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	RECOVERY	6.0 MILES	RECOVERY
7	4.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	RECOVERY	7.0 MILES	RECOVERY
8	4.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	RECOVERY	8.0 MILES	RECOVERY
9	4.0 MILES	5.0 MILES	RECOVERY	4.0 MILES	RECOVERY	10.0 MILES	RECOVERY
10	RECOVERY	4.0 MILES	RECOVERY	4.0 MILES	RECOVERY	12.0 MILES	RECOVERY
11	RECOVERY	4.0 MILES	RECOVERY	3.0 MILES	RECOVERY	6.0 MILES	RECOVERY
12	3.0 MILES	4.0 MILES	RECOVERY	3.0 MILES	RECOVERY	ROCKY RUN	RECOVERY