13.1 MILE INTERMEDIATE

WEEK	mon 2.0 MILES	tues 2.0 MILES	weds RECOVERY	THURS 3.0 MILES	FRI 3.0 MILES	sat 3.0 MILES	sun Recovery
2	3.0 MILES	3.0 MILES	RECOVERY	3.0 MILES	3.0 MILES	5.0 MILES	RECOVERY
3	4.0 MILES	3.0 MILES	RECOVERY	4.0 MILES	3.0 MILES	6.0 MILES	RECOVERY
4	5.0 MILES	3.0 MILES	RECOVERY	5.0 MILES	3.0 MILES	7.0 MILES	RECOVERY
5	5.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	5.0 MILES	8.0 MILES	RECOVERY
6	5.0 MILES	6.0 MILES	RECOVERY	5.0 MILES	6.0 MILES	9.0 MILES	RECOVERY
7	5.0 MILES	6.0 MILES	RECOVERY	6.0 MILES	7.0 MILES	10.0 MILES	RECOVERY
8	5.0 MILES	7.0 MILES	RECOVERY	6.0 MILES	8.0 MILES	II.O MILES	RECOVERY
9	5.0 MILES	7.0 MILES	RECOVERY	6.0 MILES	9.0 MILES	12.0 MILES	RECOVERY
10	RECOVERY	6.0 MILES	RECOVERY	6.0 MILES	IO.O MILES	12.0 MILES	RECOVERY
11	RECOVERY	4.0 MILES	RECOVERY	5.0 MILES	5.0 MILES	RECOVERY	6.0 MILES
12	3.0 MILES	3.0 MILES	RECOVERY	6.0 MILES	RECOVERY	ROCKY RUN	RECOVERY