

10 MILE ADVANCED

ROCKY RUN
OFFICIAL TRAINING PROGRAM
LEVEL III — 10 MILE

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	2.0 MILES	2.0 MILES	RECOVERY	2.0 MILES	2.0 MILES	3.1 MILES	RECOVERY
2	3.0 MILES	3.0 MILES	RECOVERY	3.0 MILES	3.0 MILES	4.0 MILES	RECOVERY
3	4.0 MILES	3.0 MILES	RECOVERY	4.0 MILES	3.0 MILES	5.0 MILES	RECOVERY
4	5.0 MILES	3.0 MILES	RECOVERY	5.0 MILES	3.0 MILES	6.2 MILES	RECOVERY
5	5.0 MILES	3.0 MILES	RECOVERY	5.0 MILES	4.0 MILES	6.2 MILES	RECOVERY
6	6.0 MILES	4.0 MILES	RECOVERY	5.0 MILES	4.0 MILES	7.0 MILES	RECOVERY
7	6.0 MILES	4.0 MILES	RECOVERY	6.0 MILES	4.0 MILES	8.0 MILES	RECOVERY
8	7.0 MILES	4.0 MILES	RECOVERY	7.0 MILES	4.0 MILES	8.0 MILES	RECOVERY
9	7.0 MILES	5.0 MILES	RECOVERY	6.0 MILES	5.0 MILES	8.0 MILES	RECOVERY
10	7.0 MILES	5.0 MILES	RECOVERY	6.0 MILES	5.0 MILES	9.0 MILES	RECOVERY
11	6.0 MILES	5.0 MILES	RECOVERY	6.0 MILES	5.0 MILES	RECOVERY	6.2 MILES
12	5.0 MILES	5.0 MILES	RECOVERY	6.0 MILES	RECOVERY	ROCKYRUN	RECOVERY