

# 10 MILE BEGINNER

ROCKY RUN  
OFFICIAL TRAINING PROGRAM  
LEVEL 1 — 10 MILE

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>1</b>	1.0 MILE	1.0 MILE	RECOVERY	1.0 MILE	RECOVERY	1.5 MILES	RECOVERY
<b>2</b>	1.0 MILE	2.0 MILES	RECOVERY	2.0 MILES	RECOVERY	2.0 MILES	RECOVERY
<b>3</b>	2.0 MILES	2.0 MILES	RECOVERY	2.0 MILES	RECOVERY	3.0 MILES	RECOVERY
<b>4</b>	2.0 MILES	3.0 MILES	RECOVERY	3.0 MILES	RECOVERY	4.0 MILES	RECOVERY
<b>5</b>	3.0 MILES	4.0 MILES	RECOVERY	4.0 MILES	RECOVERY	5.0 MILES	RECOVERY
<b>6</b>	4.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	RECOVERY	5.0 MILES	RECOVERY
<b>7</b>	4.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	RECOVERY	6.0 MILES	RECOVERY
<b>8</b>	4.0 MILES	5.0 MILES	RECOVERY	5.0 MILES	RECOVERY	7.0 MILES	RECOVERY
<b>9</b>	4.0 MILES	5.0 MILES	RECOVERY	4.0 MILES	RECOVERY	8.0 MILES	RECOVERY
<b>10</b>	RECOVERY	4.0 MILES	RECOVERY	4.0 MILES	RECOVERY	9.0 MILES	RECOVERY
<b>11</b>	RECOVERY	4.0 MILES	RECOVERY	3.0 MILES	RECOVERY	6.0 MILES	RECOVERY
<b>12</b>	3.0 MILES	4.0 MILES	RECOVERY	3.0 MILES	RECOVERY	<b>ROCKYRUN</b>	RECOVERY