

5K BEGINNER

ROCKY RUN
OFFICIAL TRAINING PROGRAM
LEVEL II — 5K (3.10 MILES)

WEEK	MON	TUES	WEDS	THURS	FRI	SAT	SUN
1	REST/WALK	1.75 MILE RUN	REST/WALK	1.75 MILE RUN	RECOVERY	1.75 MILE WALK	35-65 MIN WALK
2	REST/WALK	2.0 MILE RUN	REST/WALK	1.75 MILE RUN	RECOVERY	2.0 MILE RUN	40-65 MIN WALK
3	REST/WALK	2.25 MILE RUN	REST/WALK	1.75 MILE RUN	RECOVERY	2.25 MILE RUN	45-65 MIN WALK
4	REST/WALK	2.5 MILE RUN	REST/WALK	1.75 MILE RUN	RECOVERY	2.5 MILE RUN	50-65 MIN WALK
5	REST/WALK	2.75 MILE RUN	REST/WALK	2.25 MILE RUN	RECOVERY	2.75 MILE RUN	55-65 MIN WALK
6	REST/WALK	3.0 MILE RUN	REST/WALK	2.25 MILE RUN	RECOVERY	3.0 MILE RUN	60-65 MIN WALK
7	REST/WALK	3.25 MILE RUN	REST/WALK	2.25 MILE RUN	RECOVERY	3.25 MILE RUN	65 MIN WALK
8	REST/WALK	3.25 MILE RUN	REST/WALK	2.25 MILE RUN	RECOVERY	ROCKY RUN	RECOVERY