

16-Week Running Program

Frequency: 2 non-consecutive run days per week

Goal: Build to a 10-mile long run

Supportive Work: Mobility, rest days, structured warm-ups and cool-downs

This 16-week running program is structured to support the physical demands of Recruit School by scheduling two non-consecutive run days each week, allowing adequate recovery between sessions. It is important that you are able to run 3 miles on the first day of recruit school at a minimum 10:30 pace.

Warm-Up (before every run)

- 5 minutes brisk walking
- Light mobility (about 2 minutes): leg swings, hip circles, ankle rolls
- 3–5 minutes easy jogging

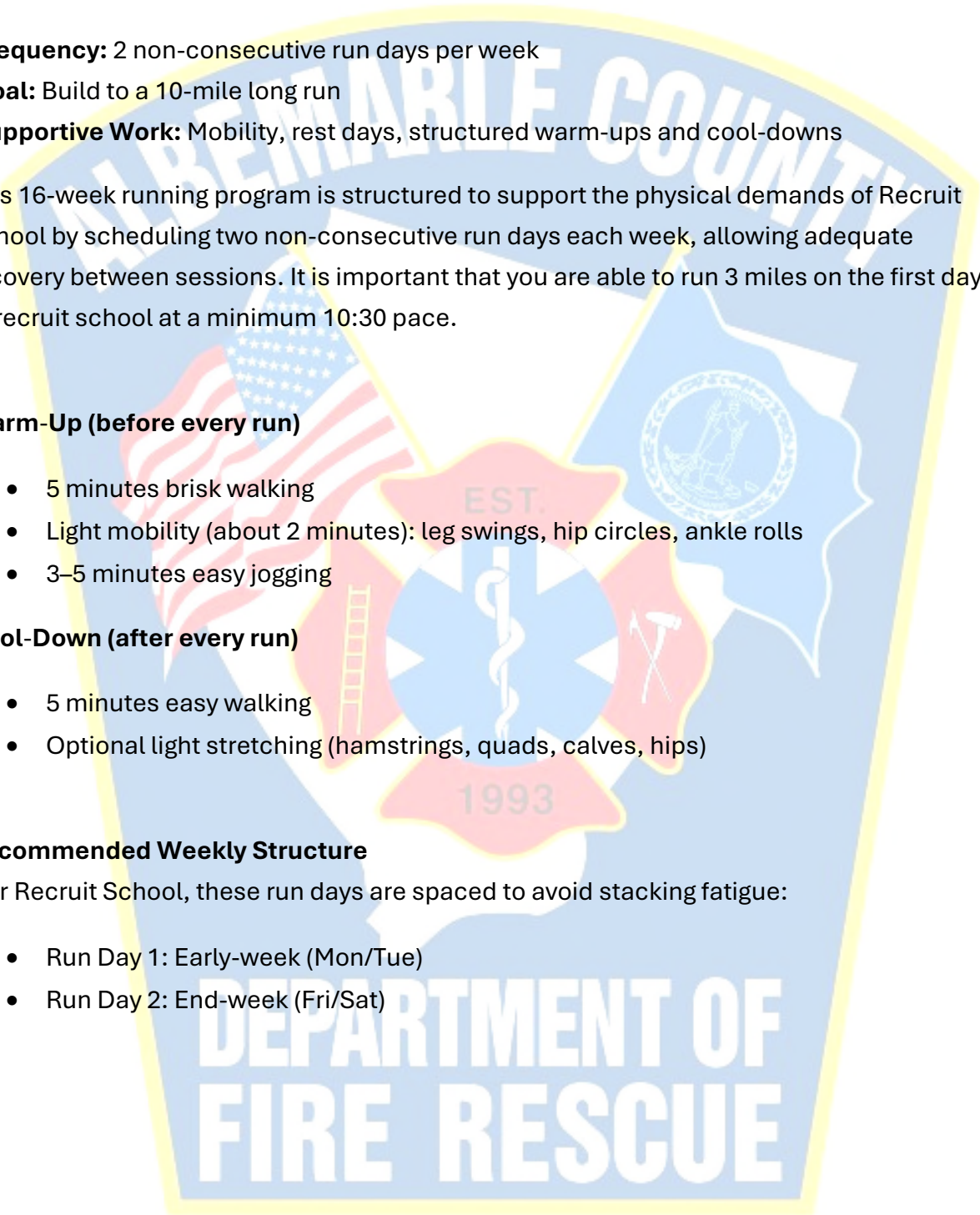
Cool-Down (after every run)

- 5 minutes easy walking
- Optional light stretching (hamstrings, quads, calves, hips)

Recommended Weekly Structure

For Recruit School, these run days are spaced to avoid stacking fatigue:

- Run Day 1: Early-week (Mon/Tue)
- Run Day 2: End-week (Fri/Sat)



Week-by-Week Mileage Plan

Week 1

Day 1: 2 miles

Day 2: 2.5 miles

Week 2

Day 1: 2.5 miles

Day 2: 3 miles

Week 3

Day 1: 3 miles

Day 2: 3.5 miles

Week 4

Day 1: 3 miles

Day 2: 4 miles

Week 5

Day 1: 3.5 miles

Day 2: 4.5 miles

Week 6

Day 1: 3.5 miles

Day 2: 5 miles

Week 7

Day 1: 4 miles

Day 2: 5.5 miles

Week 8

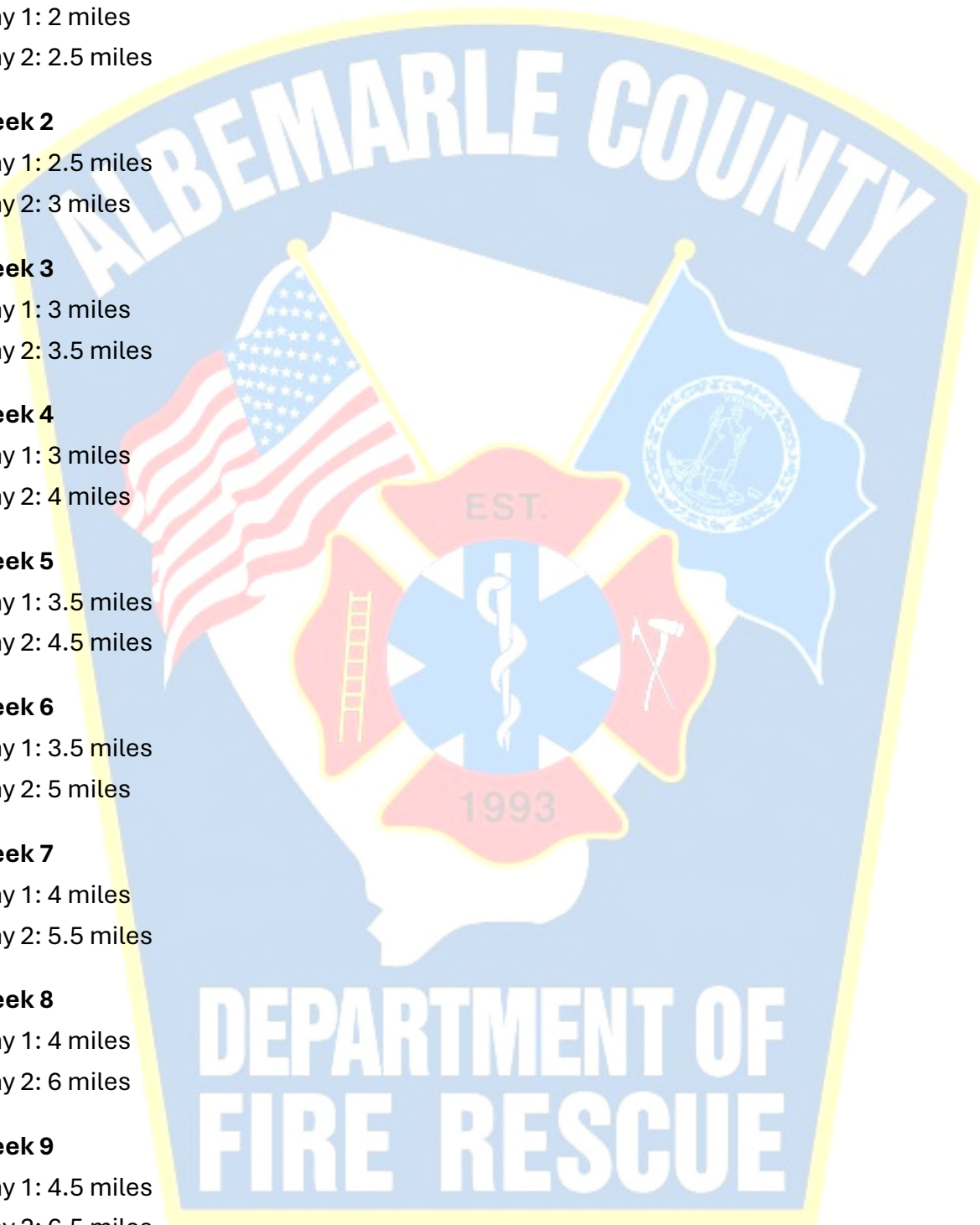
Day 1: 4 miles

Day 2: 6 miles

Week 9

Day 1: 4.5 miles

Day 2: 6.5 miles



Week 10

Day 1: 4.5 miles

Day 2: 7 miles

Week 11

Day 1: 5 miles

Day 2: 7.5 miles

Week 12

Day 1: 5 miles

Day 2: 8 miles

Week 13

Day 1: 5.5 miles

Day 2: 8.5 miles

Week 14

Day 1: 5.5 miles

Day 2: 9 miles

Week 15

Day 1: 6 miles

Day 2: 9.5 miles

Week 16

Day 1: 5 miles (recovery emphasis)

Day 2: 10 miles

