RUNNING SCHEDULE

Taken from the HRD Physical Ability Test Preparation Guide (page 37).

Week 5 of the guide is equal to Week 1 of the Academy schedule.

Week	Distance (miles)	Time Goal (minutes:seconds)	Times per Week
1	2.0	25:00	3
2	2.0	24:30	3
3	2.0	24:00	3
4	2.0	22:00	3
5	2.0	21:00	3
6	2.0	19:00	3
7	2.0	18:00	4
8	2.0	17:00	4
9	2.5	22:00	3
10	2.5	21:30	4
11	3.0	27:00	3
12	3.0	26:30	4