

## 2018 Ville to Ville Craft Brew Relay – Training Plan – Rookie

| Week           | Sunday   | Monday      | Tuesday                           | Wednesday | Thursday                 | Friday      | Saturday  |
|----------------|----------|-------------|-----------------------------------|-----------|--------------------------|-------------|---|
| Jan 21-27      | 3 Miles  | Active Rest | 2 Miles                           | 2 Miles   | 2 Miles                  | Active Rest | 3 Miles   |
| Jan 28-Feb 3   | 4 Miles  | Active Rest | 3 Miles                           | 2 Miles   | 3 Miles                  | Active Rest | 3 Miles   |
| Feb 4-10       | 4 Miles  | Active Rest | 3 Miles                           | 2 Miles   | 3 Miles                  | Active Rest | 2 Miles   |
| Feb 11-17      | 5 Miles  | Active Rest | 4 Miles                           | 2 Miles   | 3 Miles                  | Active Rest | 4 Miles   |
| Feb 18-24      | 6 Miles  | Active Rest | 4 Miles                           | 3 Miles   | 3 Miles                  | Active Rest | 4 Miles   |
| Feb 25-March 3 | 7 Miles  | Active Rest | 2 Miles<br>5 x Strides<br>2 Miles | 3 Miles   | 3 Miles                  | Active Rest | Double Sessions 4<br>miles<br>4 miles   |
| March 4-10     | 3 Miles  | Active Rest | 2 Miles<br>6 x Strides<br>2 Miles | 4 Miles   | 4 Miles Moderate<br>Pace | Active Rest | 4 miles<br>4 x Strides  |
| March 11-17    | 8 Miles  | Active Rest | 2 Miles<br>6 x Strides<br>2 Miles | 4 Miles   | 5 Miles<br>Moderate Pace | Active Rest | 5 Miles   |
| March 18-24    | 6 Miles  | Active Rest | 2 Miles<br>6 x Strides<br>2 Miles | 4 Miles   | 4 Miles                  | Active Rest | 5 Miles   |
| March 25-31    | 11 Miles | Active Rest | 5 Miles<br>6 x Strides            | 3 Miles   | 5 Miles<br>4 x Stride    | Active Rest | Double Sessions 5<br>miles<br>5 miles   |
| April 1-7      | 8 Miles  | Active Rest | 5 Miles<br>6 x Strides            | 3 Miles   | 5 Miles Moderate<br>Pace | Active Rest | 5 Miles   |
| April 8-14     | 7 Miles  | Active Rest | 3 Miles                           | 4 Miles   | Active Rest              | Active Rest |  |