

## 2019 Ville to Ville Craft Brew Relay – Training Plan – Rookie

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 20–26	3 Miles	Active Rest	2 Miles	2 Miles	2 Miles – Hills	Active Rest	3 Miles
Jan 27–Feb 2	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	3 Miles
Feb 3–9	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	2 Miles
Feb 10–16	5 Miles	Active Rest	4 Miles	2 Miles	3 Miles – Hills	Active Rest	4 Miles
Feb 17–23	6 Miles	Active Rest	4 Miles	3 Miles	3 Miles – Hills	Active Rest	4 Miles
Feb 24–March 2	7 Miles	Active Rest	2 Miles 5 x Strides 2 Miles	3 Miles	4 Miles – Hills	Active Rest	Double Sessions 4 miles 4 miles
March 3–9	3 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	4 Miles Moderate Pace	Active Rest	4 miles 4 x Strides
March 10–16	8 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
March 17–23	6 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	4 Miles – Hills	Active Rest	5 Miles
March 24–30	11 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles 4 x Stride	Active Rest	Double Sessions 5 miles 5 miles
March 31–April 6	8 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
April 7–13	7 Miles	Active Rest	3 Miles	4 Miles	Active Rest	Active Rest	