

2026 Ville to Ville Sprint Relay – Training Plan – Rookie

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul 5–11	3 Miles	Active Rest	2 Miles	Active Rest	2 Miles – Hills	Active Rest	3 Miles
Jul 12–18	4 Miles	Active Rest	3 Miles	Active Rest	3 Miles – Hills	Active Rest	3 Miles
Jul 19–25	4 Miles	Active Rest	3 Miles	Active Rest	3 Miles – Hills	Active Rest	2 Miles
Jul 26 – Aug 1	5 Miles	Active Rest	4 Miles	Active Rest	3 Miles – Hills	Active Rest	4 Miles
Aug 2–8	6 Miles	Active Rest	4 Miles	Active Rest	3 Miles – Hills	Active Rest	4 Miles
Aug 9–15	6 Miles	Active Rest	2 Miles 5 x Strides* 2 Miles	Active Rest	4 Miles – Hills	Active Rest	Double Sessions 4 miles AM 2 miles PM
Aug 16–22	3 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	Active Rest	4 Miles Moderate Pace	Active Rest	4 miles 4 x Strides
Aug 23–29	7 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	Active Rest	5 Miles Moderate Pace	Active Rest	5 Miles
Aug 30 – Sept 5	5 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	Active Rest	4 Miles Moderate Pace	Active Rest	5 Miles
Sept 6–12	8 Miles	Active Rest	5 Miles 6 x Strides	Active Rest	5 Miles Moderate Pace	Active Rest	Double Sessions 4 miles AM 3 miles PM
Sept 13–19	6 Miles	Active Rest	5 Miles 6 x Strides	Active Rest	3 Miles Moderate Pace	Active Rest	4 Miles
Sept 20–26	7 Miles	Active Rest	3 Miles	Active Rest	3 Miles	Active Rest	VILLE TO VILLE Sprint Relay

**Strides should be at a fast but relaxed pace for 200-400 meters. Walk for 60-90 seconds after each stride if necessary.*

