

# Coastal Relay 2026 - Rookie Plan

<p><b>Week 1</b> Jul 26 - Aug 01 <b>Sun:</b> 3 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 2 Miles <b>Wed:</b> 2 Miles <b>Thu:</b> 2 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 3 Miles</p>	<p><b>Week 2</b> Aug 02 - Aug 08 <b>Sun:</b> 4 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 3 Miles <b>Wed:</b> 2 Miles <b>Thu:</b> 3 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 3 Miles</p>
<p><b>Week 3</b> Aug 09 - Aug 15 <b>Sun:</b> 4 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 3 Miles <b>Wed:</b> 2 Miles <b>Thu:</b> 3 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 2 Miles</p>	<p><b>Week 4</b> Aug 16 - Aug 22 <b>Sun:</b> 5 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 4 Miles <b>Wed:</b> 2 Miles <b>Thu:</b> 3 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 4 Miles</p>
<p><b>Week 5</b> Aug 23 - Aug 29 <b>Sun:</b> 6 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 4 Miles <b>Wed:</b> 3 Miles <b>Thu:</b> 3 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 4 Miles</p>	<p><b>Week 6</b> Aug 30 - Sep 05 <b>Sun:</b> 7 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 2 Miles 5 x Strides 2 Miles <b>Wed:</b> 3 Miles <b>Thu:</b> 4 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 4 Miles AM, 4 Miles PM</p>
<p><b>Week 7</b> Sep 06 - Sep 12 <b>Sun:</b> 3 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 2 Miles 6 x Strides 2 Miles <b>Wed:</b> 4 Miles <b>Thu:</b> 4 Miles Moderate Pace <b>Fri:</b> Active Rest <b>Sat:</b> 4 miles 4 x Strides</p>	<p><b>Week 8</b> Sep 13 - Sep 19 <b>Sun:</b> 8 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 2 Miles 6 x Strides 2 Miles <b>Wed:</b> 4 Miles <b>Thu:</b> 5 Miles Moderate Pace <b>Fri:</b> Active Rest <b>Sat:</b> 5 Miles</p>
<p><b>Week 9</b> Sep 20 - Sep 26 <b>Sun:</b> 6 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 2 Miles 6 x Strides 2 Miles <b>Wed:</b> 4 Miles <b>Thu:</b> 4 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 5 Miles</p>	<p><b>Week 10</b> Sep 27 - Oct 03 <b>Sun:</b> 11 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 5 Miles 6 x Strides <b>Wed:</b> 3 Miles <b>Thu:</b> 5 Miles 4 x Stride <b>Fri:</b> Active Rest <b>Sat:</b> 5 Miles AM, 5 Miles PM</p>
<p><b>Week 11</b> Oct 04 - Oct 10 <b>Sun:</b> 8 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 5 Miles 6 x Strides <b>Wed:</b> 3 Miles <b>Thu:</b> 5 Miles Moderate Pace <b>Fri:</b> Active Rest <b>Sat:</b> 5 Miles</p>	<p><b>Week 12</b> Oct 11 - Oct 17 <b>Sun:</b> 7 Miles <b>Mon:</b> Active Rest <b>Tue:</b> 3 Miles <b>Wed:</b> 4 Miles <b>Thu:</b> Active Rest <b>Fri:</b> Active Rest <b>Sat:</b> Ville to Ville Coastal Relay</p>

# Coastal Relay 2026 - Veteran Plan

<p><b>Week 1</b> Jul 26 - Aug 01 <b>Sun:</b> 6 Miles <b>Mon:</b> 5 Miles <b>Tue:</b> 4 Miles 6 x Strides <b>Wed:</b> 6 Miles <b>Thu:</b> 5 Miles 6 x Strides <b>Fri:</b> Active Rest <b>Sat:</b> 5 Miles 6 x Strides</p>	<p><b>Week 2</b> Aug 02 - Aug 08 <b>Sun:</b> 7 Miles <b>Mon:</b> 5 Miles <b>Tue:</b> 5 Miles 6 x Strides <b>Wed:</b> 10min Warm Up; (3x) 7min Fast (cruise pace)/2min Easy; 10min Cool Down <b>Thu:</b> 5 Miles - Hills 6 x Strides <b>Fri:</b> Active Rest <b>Sat:</b> 6 Miles 6 x Strides</p>
<p><b>Week 3</b> Aug 09 - Aug 15 <b>Sun:</b> 8 Miles <b>Mon:</b> 5 Miles 6 x Strides <b>Tue:</b> 5 Miles <b>Wed:</b> 10min Warm Up; (4x) 6min Fast (cruise pace) w/2min Easy between; 10min Cool Down <b>Thu:</b> 5 Miles 6 x Strides <b>Fri:</b> Active Rest <b>Sat:</b> 5 Miles 6 x Strides</p>	<p><b>Week 4</b> Aug 16 - Aug 22 <b>Sun:</b> 10 miles <b>Mon:</b> 6 Miles 6 x Strides <b>Tue:</b> 15min Warm Up; 3x strides; 8x200m (rep pace) w/400m jog between; 3x strides; 10min Cool Down <b>Wed:</b> 10min Easy; 20min Cruise; 10min Easy <b>Thu:</b> 5 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 10min Easy; (5x) 1min Fast (rep pace)/5min Easy; 10min Cool Down</p>
<p><b>Week 5</b> Aug 23 - Aug 29 <b>Sun:</b> 10 Miles <b>Mon:</b> 6 Miles 6 x Strides <b>Tue:</b> 10min Warm Up; 3 x strides ; 5x400m (rep pace) w/600m jog between; 3x strides; 10min Cool Down <b>Wed:</b> 10min Easy; 4 x 5min Fast (cruise pace); 10min Easy <b>Thu:</b> 5 Miles 4 x Strides <b>Fri:</b> Active Rest <b>Sat:</b> 10min Easy; (7x) :30 Fast (rep pace)/3:30 Easy; 10min Cool Down</p>	<p><b>Week 6</b> Aug 30 - Sep 05 <b>Sun:</b> 11 miles <b>Mon:</b> 6 Miles 6 x Strides <b>Tue:</b> 15min Warm Up; 3x strides ; 3x300m (rep pace) w/500m jog between; 3x strides; 10min Cool Down <b>Wed:</b> 5 Miles <b>Thu:</b> 5 Miles - Hills 4 x Strides <b>Fri:</b> Active Rest <b>Sat:</b> Double Sessions 5 miles AM; 5 miles PM (middle 3 miles at each cruise pace)</p>
<p><b>Week 7</b> Sep 06 - Sep 12 <b>Sun:</b> 8 Miles <b>Mon:</b> 7 Miles 6 x Strides <b>Tue:</b> 15min Warm Up; 3x strides ; 6x1000m (interval pace) w/400m jog between; 3x strides; 10min Cool Down <b>Wed:</b> 6 Miles <b>Thu:</b> 5 Miles 4 x Strides <b>Fri:</b> Active Rest <b>Sat:</b> 10min Easy; 20min Brisk Cruise Pace; 10min Easy</p>	<p><b>Week 8</b> Sep 13 - Sep 19 <b>Sun:</b> 13 Miles <b>Mon:</b> 6 Miles 6 x Strides <b>Tue:</b> 15min Warm Up; 3x strides ; 5x1200m (interval pace) w/400m jog between; 3x strides; 10min Cool Down <b>Wed:</b> 6 Miles <b>Thu:</b> 5 Miles 4 x Strides <b>Fri:</b> Active Rest <b>Sat:</b> 10min Easy; (3x) 8min Fast (cruise pace)/2min Easy; 10min Easy</p>
<p><b>Week 9</b> Sep 20 - Sep 26 <b>Sun:</b> 10 miles <b>Mon:</b> 6 Miles 6 x Strides <b>Tue:</b> 15min Warm Up; 3x strides ; 4x1600m (interval pace) w/400m jog between; 3x strides; 10min Cool Down <b>Wed:</b> 6 Miles <b>Thu:</b> 5 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> 10min Easy; (4x) 5min Fast (cruise pace)/1min Easy; 10min Easy</p>	<p><b>Week 10</b> Sep 27 - Oct 03 <b>Sun:</b> 12 Miles <b>Mon:</b> 6 Miles 6 x Strides <b>Tue:</b> 10min Warm Up; 3x strides ; 4x1600m (cruise pace) w/200m jog between; 3x strides; 10min Cool Down <b>Wed:</b> 6 Miles <b>Thu:</b> 5 Miles - Hills <b>Fri:</b> Active Rest <b>Sat:</b> Double Sessions 7 miles AM; 5 miles PM (middle 3 miles of each at cruise pace)</p>

**Week 11**

Oct 04 - Oct 10

**Sun:** 8 Miles**Mon:** 5 Miles

6 x Strides

**Tue:** 10min Warm Up;

3x strides ; 5x1200m (cruise pace) w/200m jog between; 3x strides;

10min Cool Down

**Wed:** 5 Miles**Thu:** 4 Miles - Hills**Fri:** Active Rest**Sat:** 15min Easy; 25min cruise pace; 15 min Easy**Week 12**

Oct 11 - Oct 17

**Sun:** 9 Miles**Mon:** 5 Miles

6 x Strides

**Tue:** 10min Warm Up;

3x strides ; 6x1000m (cruise pace) w/200m jog between; 3x strides;

10min Cool Down

**Wed:** 5 Miles**Thu:** 4 Miles - Hills**Fri:** Active Rest**Sat:** Ville to Ville Coastal Relay