

## 2020 Ville to Ville Craft Brew Relay – Training Plan – Rookie

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 26 – Feb 1	3 Miles	Active Rest	2 Miles	2 Miles	2 Miles – Hills	Active Rest	3 Miles
Feb 2–8	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	3 Miles
Feb 9–15	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	2 Miles
Feb 16–22	5 Miles	Active Rest	4 Miles	2 Miles	3 Miles – Hills	Active Rest	4 Miles
Feb 23–29	6 Miles	Active Rest	4 Miles	3 Miles	3 Miles – Hills	Active Rest	4 Miles
March 1–7	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 8–14	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 15–21	8 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
March 22–28	6 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	4 Miles – Hills	Active Rest	5 Miles
March 29 – April 4	11 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles 4 x Stride	Active Rest	Double Sessions 5 miles 5 miles
April 5–11	8 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
April 12–18	7 Miles	Active Rest	3 Miles	4 Miles	Active Rest	Active Rest	 VILLE TO VILLE Craft Brew Relay