

2020 Ville to Ville Extreme Relay – Training Plan – Rookie

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