


2021 Ville to Ville Extreme Relay – Training Plan – Veteran

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 4-10	6 Miles	5 Miles	4 Miles 6 x Strides	6 Miles	5 Miles 6 x Strides	Active Rest	5 Miles 6 x Strides
July 11-17	7 Miles	5 Miles	5 Miles 6 x Strides	10min Warm Up; (3x) 7min Fast (cruise pace)/2min Easy; 10min Cool Down	5 Miles – Hills 6 x Strides	Active Rest	6 Miles 6 x Strides
July 18-24	8 Miles	5 Miles 6 x Strides	5 Miles	10min Warm Up; (4x) 6min Fast (cruise pace) w/2min Easy between; 10min Cool Down	5 Miles 6 x Strides	Active Rest	5 Miles 6 x Strides
July 25-31	10 miles	6 Miles 6 x Strides	15min Warm Up; 3x strides; 8x200m (rep pace) w/400m jog between; 3x strides; 10min Cool Down	10min Easy; 20min Cruise; 10min Easy	5 Miles – Hills	Active Rest	10min Easy; (5x) 1min Fast (rep pace)/5min Easy; 10min Cool Down
Aug 1-7	10 Miles	6 Miles 6 x Strides	10min Warm Up; 3 x strides ; 5x400m (rep pace) w/600m jog between; 3x strides; 10min Cool Down	10min Easy; 4 x 5min Fast (cruise pace); 10min Easy	5 Miles 4 x Strides	Active Rest	10min Easy; (7x) :30 Fast (rep pace)/3:30 Easy; 10min Cool Down
Aug 8-14	11 miles	6 Miles 6 x Strides	15min Warm Up; 3x strides ; 3x300m (rep pace) w/500m jog between; 3x strides; 10min Cool Down	5 Miles	5 Miles – Hills 4 x Strides	Active Rest	Double Sessions 5 miles AM; 5 miles PM (middle 3 miles at each cruise pace)
Aug 15-21	8 Miles	7 Miles 6 x Strides	15min Warm Up; 3x strides ; 6x1000m (interval pace) w/400m jog between; 3x strides; 10min Cool Down	6 Miles	5 Miles 4 x Strides	Active Rest	10min Easy; 20min Brisk Cruise Pace; 10min Easy

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Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 22-28	13 Miles	6 Miles 6 x Strides	15min Warm Up; 3x strides ; 5x1200m (interval pace) w/400m jog between; 3x strides; 10min Cool Down	6 Miles	5 Miles 4 x Strides	Active Rest	10min Easy; (3x) 8min Fast (cruise pace)/2min Easy; 10min Easy
Aug 29 – Sept 4	10 miles	6 Miles 6 x Strides	15min Warm Up; 3x strides ; 4x1600m (interval pace) w/400m jog between; 3x strides; 10min Cool Down	6 Miles	5 Miles – Hills	Active Rest	10min Easy; (4x) 5min Fast (cruise pace)/1min Easy; 10min Easy
Sept 5-11	12 Miles	6 Miles 6 x Strides	10min Warm Up; 3x strides ; 4x1600m (cruise pace) w/200m jog between; 3x strides; 10min Cool Down	6 Miles	5 Miles – Hills	Active Rest	Double Sessions 7 miles AM; 5 miles PM (middle 3 miles of each at cruise pace)
Sept 12-18	8 Miles	5 Miles 6 x Strides	10min Warm Up; 3x strides ; 5x1200m (cruise pace) w/200m jog between; 3x strides; 10min Cool Down	5 Miles	4 Miles – Hills	Active Rest	15min Easy; 25min cruise pace; 15 min Easy
Sept 19-25	9 Miles	5 Miles 6 x Strides	10min Warm Up; 3x strides ; 6x1000m (cruise pace) w/200m jog between; 3x strides; 10min Cool Down	5 Miles	4 Miles – Hills	Active Rest	 VILLE TO VILLE EXTREME