

2021 Ville to Ville Craft Brew Relay – Training Plan – Rookie

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 24–30	3 Miles	Active Rest	2 Miles	2 Miles	2 Miles – Hills	Active Rest	3 Miles
Jan 31 – Feb 6	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	3 Miles
Feb 7–13	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	2 Miles
Feb 14–20	5 Miles	Active Rest	4 Miles	2 Miles	3 Miles – Hills	Active Rest	4 Miles
Feb 21–27	6 Miles	Active Rest	4 Miles	3 Miles	3 Miles – Hills	Active Rest	4 Miles
Feb 28 – March 6	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 7–13	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 14–20	8 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
March 21–27	6 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	4 Miles – Hills	Active Rest	5 Miles
March 28 – April 3	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 4–10	8 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
April 11–17	7 Miles	Active Rest	3 Miles	4 Miles	Active Rest	Active Rest	