

2024 Ville to Ville Craft Brew Relay – Training Plan – Rookie

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 21-27	3 Miles	Active Rest	2 Miles	2 Miles	2 Miles – Hills	Active Rest	3 Miles
Jan 28 – Feb 3	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	3 Miles
Feb 4-10	4 Miles	Active Rest	3 Miles	2 Miles	3 Miles – Hills	Active Rest	2 Miles
Feb 11-17	5 Miles	Active Rest	4 Miles	2 Miles	3 Miles – Hills	Active Rest	4 Miles
Feb 18-24	6 Miles	Active Rest	4 Miles	3 Miles	3 Miles – Hills	Active Rest	4 Miles
Feb 25 – March 2	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 3-9	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 10-16	8 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
March 17-23	6 Miles	Active Rest	2 Miles 6 x Strides 2 Miles	4 Miles	4 Miles – Hills	Active Rest	5 Miles
March 24-30	11 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles 4 x Stride	Active Rest	Double Sessions 5 miles 5 miles
March 31 – April 6	8 Miles	Active Rest	5 Miles 6 x Strides	3 Miles	5 Miles Moderate Pace	Active Rest	5 Miles
April 7-13	7 Miles	Active Rest	3 Miles	4 Miles	Active Rest	Active Rest	