


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

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 21-27	6 Miles	5 Miles	4 Miles 6 x Strides	6 Miles	5 Miles 6 x Strides	Active Rest	5 Miles 6 x Strides
Jan 28 – Feb 3	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
Feb 4-10	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
Feb 11-17	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
Feb 18-24	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
Feb 25 – March 2	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)
March 3-9	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
March 10-16	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
March 17-23	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
March 24-30	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)
March 31 – April 6	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
April 7-13	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 Craft Brew Relay