

## 16-Week Ragnar Relay Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	3 miles easy	4 miles with hills	Rest or cross-train	3 miles easy	5 miles LSD	Rest or yoga
2	Rest	3.5 miles easy	4.5 miles with hills	Rest or cross-train	3.5 miles easy	6 miles LSD	Rest or yoga
3	Rest	4 miles easy	5 miles with hills	Rest or cross-train	4 miles easy	7 miles LSD	Rest or yoga
4	Rest	3 miles easy	4 miles easy	Rest or cross-train	3 miles easy	5 miles LSD	Rest or yoga
5	Rest	3 miles easy + intervals	5 miles with hills	Rest or cross-train	3 miles easy	8 miles LSD	Rest or yoga
6	Rest	4 miles tempo	5 miles easy	Rest or cross-train	4 miles easy	9 miles LSD	Rest or yoga
7	Rest	4 miles easy + intervals	5 miles tempo	Rest or cross-train	4 miles easy	10 miles LSD	Rest or yoga
8	Rest	3 miles easy	4 miles tempo	Rest or cross-train	3 miles easy	8 miles LSD	Rest or yoga
9	Rest	4 miles easy	5 miles + hill repeats	Rest or cross-train	4 miles easy	11 miles LSD	Rest or yoga
10	Rest	5 miles tempo	6 miles easy	Rest or cross-train	5 miles easy	12.5 miles LSD	Rest or yoga
11	Rest	5 miles easy + intervals	6 miles tempo	Rest or cross-train	5 miles easy	14 miles LSD	Rest or yoga
12	Rest	6 miles tempo	7 miles easy	Rest or cross-train	6 miles easy	12 + 8 miles LSD (back-to-back)	Rest or yoga
13	Rest	5 miles easy	6 miles tempo	Rest or cross-train	5 miles easy	14 + 10 miles LSD (back-to-back)	Rest or yoga
14	Rest	4 miles easy	5 miles easy	Rest or cross-train	3 miles tempo	10 miles LSD	Rest or yoga
15	Rest	3 miles easy	3 miles easy	Rest or cross-train	2 miles easy	6-8 miles LSD	Rest or yoga
16	Rest or very short, easy run	Rest or very short, easy run	Short run + strides	Rest	Rest	Race Day	Recovery, rest or gentle walk

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