



2010 Epic Cache-Teton Relay Advanced Training Schedule

This schedule is designed for advanced runners that have begun their training prior to the start of this schedule. We recommend doing core strengthening, weight lifting or cross training during some of the *rest* days. Happy training!

Based on miles

h = throw in some hills

/ = multiple run day

Wks Before Relay	Week Of	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Week Total
15	26-Apr	4	3	5	Rest	3	7	Rest	22
14	3-May	4	3	6	Rest	3	8	Rest	24
13	10-May	5	3	6	Rest	3	9	Rest	26
12	17-May	5	3	7	Rest	3	11	Rest	29
11	24-May	5	4	7	Rest	4	12	Rest	32
10	31-May	6	4	8	Rest	4	12	Rest	34
9	7-Jun	6	3h	8	Rest	4	6, 6	Rest	33
8	14-Jun	7	3h	9	Rest	4	12	Rest	35
7	21-Jun	7	4h	9	Rest	3, 3	6, 6	Rest	38
6	28-Jun	7	4h	8	Rest	4, 4	12	Rest	39
5	5-Jul	7	4h	9	Rest	4	6, 4, 6	Rest	40
4	12-Jul	7	6h	8	Rest	Rest	14	Rest	35
3	19-Jul	7	4h	9	Rest	5	5, 5, 5	Rest	40
2	26-Jul	7	6h	6	Rest	Rest	16	Rest	35
1	2-Aug	5	3h	7	Rest	7	10	Rest	32
0	9-Aug	4	3	2	Rest	Relay	Relay	Sleep!	9