



2010 Epic Cache-Teton Relay Intermediate Training Schedule

This schedule is designed for intermediate runners that are beginning their training at the start of this schedule. It is also a great schedule for runners who have limited time to train but still want to be adequately prepared for this epic running adventure. 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	3	Rest	3	Rest	3	Rest	Rest	9
14	3-May	3	Rest	4	Rest	3	Rest	Rest	10
13	10-May	Rest	4	Rest	3	Rest	4	Rest	11
12	17-May	3	2	Rest	4	Rest	5	Rest	14
11	24-May	3	3	Rest	5	Rest	5	Rest	16
10	31-May	4	3	Rest	5	2	5	Rest	19
9	7-Jun	3h	Rest	4	3	3	6	Rest	19
8	14-Jun	4h	Rest	5	4	3	6	Rest	22
7	21-Jun	4h	Rest	4	4	2, 2	6	Rest	22
6	28-Jun	4h	Rest	5	4	2, 2	4, 4	Rest	25
5	5-Jul	5h	Rest	6	5	Rest	8	Rest	24
4	12-Jul	5h	Rest	5	3	3, 3	4, 4	Rest	27
3	19-Jul	6h	Rest	6	4	Rest	9	Rest	25
2	26-Jul	4	Rest	7	3	Rest	4, 4, 4	Rest	26
1	2-Aug	5h	Rest	5	Rest	7	5	Rest	22
0	9-Aug	3	2	2	Rest	Relay	Relay	Sleep!	7