



2010 Epic Oregon 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
14	15-Mar	3	Rest	4	Rest	3	Rest	Rest	10
13	22-Mar	Rest	4	Rest	3	Rest	4	Rest	11
12	29-Mar	3	2	Rest	4	Rest	5	Rest	14
11	5-Apr	3	3	Rest	5	Rest	5	Rest	16
10	12-Apr	4	3	Rest	5	2	5	Rest	19
9	19-Apr	3h	Rest	4	3	3	6	Rest	19
8	26-Apr	4h	Rest	5	4	3	6	Rest	22
7	3-May	4h	Rest	4	4	2/2	6	Rest	22
6	10-May	4h	Rest	5	4	2/2	4/4	Rest	25
5	17-May	5h	Rest	6	5	Rest	8	Rest	24
4	24-May	5h	Rest	5	3	3/3	4/4	Rest	27
3	31-May	6h	Rest	6	4	Rest	9	Rest	25
2	7-Jun	4	Rest	7	3	Rest	4/4/4	Rest	26
1	14-Jun	5h	Rest	5	Rest	7	5	Rest	22
0	21-Jun	3	2	2	Rest	Relay	Relay	Sleep!	7