



Suggested Relay Training Schedule

Week	Monday	Wednesday	Saturday	Weekly Mileage Total
1	3 miles	3 miles	4 miles	10 miles
2	3 miles	3 miles (fast pace)	5 miles	11 miles
3	3–4 miles	3 miles (with hills)	5 miles	11–12 miles
4	3–4 miles	4 miles (fast pace; with hills)	6 miles	13–14 miles
5	4 miles	5 miles (with hills)	6 miles	15 miles
6	4 miles	5 miles (with hills)	7 miles	16 miles