

Ragnar Trail Training Schedule



12-Week Program for a Ragnar Trail Relay

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	20 min. Hills	Active Rest	20 min. Tempo	Active Rest	Cross- Training	40 min. Long Run	Rest
WEEK 2	20 min. Hills	Active Rest	20 min. Tempo	Active Rest	Cross- Training	45 min. Long Run	Rest
WEEK 3	30 min. Hills	Active Rest	30 min. Tempo	30 min. Easy	Cross- Training	60 min. Long Run	Rest
WEEK 4	35 min. Hills	30 min. Easy	30 min. Speed	30 min. Easy	Cross- Training	60 min. Long Run	Rest
WEEK 5	35 min. Hills	Active Rest	35 min. Tempo	30 min. Easy	Cross- Training	70 min. Long Run	Rest
WEEK 6	45 min. Hills	40 min. Easy	35 min. Speed	35 min. Easy	Cross- Training	80 min. Long Run	Rest
WEEK 7	45 min. Hills	Active Rest	40 min. Tempo	45 min. Easy	Cross- Training	50 min./30 min. Long Runs	Rest
WEEK 8	60 min. Hills	45 min. Easy	40 min. Speed	45 min. Easy	Cross- Training	80 min. Long Run	Rest
WEEK 9	45 min. Hills	Active Rest	45 min. Speed	45 min. Easy	Cross- Training	50 min./50 min. Long Runs	Rest
WEEK 10	45 min. Hills	45 min. Easy	45 min. Speed	45 min. Easy	Cross- Training	80 min. Long Run	Rest
WEEK 11	30 min. Hills	35 min. Easy	30 min. Speed	30 min. Easy	Cross- Training	25 min./20 min. Long Runs	Rest
WEEK 12	20 min. Easy	Active Rest	20 min. Tempo	20 min. Easy	YOUR TRAIL EVENT!		Sleep