

# 5 Week Relay Training Plan

## Beginner Plan

If you can run at least 20 minutes without stopping, event at a slow pace, try this program. It adds on miles gradually to enable you to get from the start line to the finish line feeling strong!



























**1st Leg: 5.75 Miles**  
**2nd Leg: 7.35 Miles**



May 5, 2019

### GOAL:

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DAY	MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
APR 1-7	 20 min	 x-train	 20 min	 x-train	rest	 2 miles	 <b>Goldy's Run</b>
APR 8-14	 20 min	 x-train	 20 min	 x-train	rest	 3 miles	rest
APR 15-21	 25 min	 x-train	 20 min	 x-train	rest	 4 miles	rest
APR 22-28	 30 min	 x-train	 20 min	 x-train	rest	 5 miles	rest
MAY 29-5	 20 min	 x-train	 25 min	 x-train	rest	packet pick-up	 <b>RACE DAY</b>

#### KEY



**Easy Run.** Run at an easy, conversational pace. If needed, break miles into run & walk segments.



**Cross-train.** Do any form of low-impact aerobic activity (biking, elliptical, swimming, etc.) for 30 to 60 minutes. Plus do some strength training.



**Moderate Run.** Run the number of miles listed on the chart at a faster pace than that of an easy run. Try to run the whole distance.



[www.minnesotarunningseries.com](http://www.minnesotarunningseries.com)

#### Next event in the Minnesota Running Series:

**Lola's Lake Waconia Half Marathon**  
**Saturday - June 1, 2019**  
[www.LolasHalfMarathon.com](http://www.LolasHalfMarathon.com)

