

2016/17 Relay Schedule



WK	MON	TUE	WED	THU	FRI	SAT	SUN
1	10/3 30-45 min	10/4 rest or x-train	10/5 30 - 45 min	10/6 30 - 45 min	10/7 x-train 40 - 60 min	10/8 2 - 4 miles	10/9 rest
2	10/10 30-45 min	10/11 rest or x-train	10/12 30 - 45 min	10/13 30 - 45 min	10/14 x-train 40 - 60 min	10/15 3 - 5 miles	10/16 rest
3	10/17 30-45 min	10/18 rest or x-train	10/19 30 - 45 min	10/20 30 - 45 min	10/21 x-train 40 - 60 min	10/22 3 - 6 miles	10/23 rest
4	10/24 30-45 min	10/25 rest or x-train	10/26 30 - 45 min	10/27 30 - 45 min	10/28 x-train 40 - 60 min	10/29 3 - 4 miles	or 10/30 LACC
5	10/31 30-45 min	11/1 rest or x-train	11/2 30 - 50 min	11/3 30 - 45 min	11/4 x-train 40 - 60 min	11/5 4 - 7 miles	11/6 rest
6	11/7 30-45 min	11/8 rest or x-train	11/9 30 - 50 min	11/10 30 - 45 min	11/11 x-train 40 - 60 min	11/12 3 - 5 miles	11/13 rest
7	11/14 30-45 min	11/15 rest or x-train	11/16 30 - 50 min	11/17 30 - 45 min	11/18 x-train 40 - 60 min	11/19 5 - 8 miles	11/20 rest
8	11/21 30-45 min	11/22 rest or x-train	11/23 30 - 50 min	11/24 30 - 45 min	11/25 x-train 40 - 60 min	Thanksgiving	11/27 rest
9	11/28 30-45 min	11/29 rest or x-train	11/30 30 - 50 min	12/1 30 - 45 min	12/2 x-train 40 - 60 min	12/3 6 - 9 miles	12/4 or combo
10	12/5 30-45 min	12/6 rest or x-train	12/7 30 - 50 min	12/8 30 - 45 min	12/9 x-train 40 - 60 min	12/10 4 - 6 miles	12/11 rest
11	12/12 30-45 min	12/13 rest or x-train	12/14 30 - 55 min	12/15 30 - 45 min	12/16 x-train 40 - 60 min	12/17 6 - 10 miles	12/18 or combo
12	12/19 30-45 min	12/20 rest or x-train	12/21 30 - 55 min	12/22 30 - 45 min	12/23 x-train 40 - 60 min	12/24 4 - 6 miles	12/25 rest
13	12/26 30-45 min	12/27 rest or x-train	12/28 30 - 55 min	12/29 30 - 45 min	12/30 x-train 40 - 60 min	12/31 7 - 11 miles	1/1 or combo
14	1/2 30-45 min	1/3 rest or x-train	1/4 30 - 55 min	1/5 30 - 45 min	1/6 x-train 40 - 60 min	1/7 5 - 7 miles	1/8 rest
15	1/9 30-45 min	1/10 rest or x-train	1/11 30 - 55 min	1/12 30 - 45 min	1/13 x-train 40 - 60 min	1/14 8 - 10 miles	1/15 or combo
16	1/16 30-45 min	1/17 rest or x-train	1/18 30 - 55 min	1/19 30 - 45 min	1/20 x-train 40 - 60 min	1/21 5 - 7 miles	1/22 rest
17	1/23 30-45 min	1/24 rest or x-train	1/25 30 - 60 min	1/26 30 - 45 min	1/27 x-train 40 - 60 min	1/28 9 - 11 miles	1/29 or combo
18	1/30 30-45 min	1/31 rest or x-train	2/1 30 - 60 min	2/2 30 - 45 min	2/3 x-train 40 - 60 min	2/4 6 - 8 miles	2/5 rest
19	2/6 30-45 min	2/7 rest or x-train	2/8 30 - 60 min	2/9 30 - 45 min	2/10 x-train 40 - 60 min	2/11 10 - 12 miles	2/12 or combo
20	2/13 30-45 min	2/14 rest or x-train	2/15 30 - 60 min	2/16 30 - 45 min	2/17 x-train 40 - 60 min	2/18 6 - 8 miles	2/19 rest
21	2/20 30-45 min	2/21 rest or x-train	2/22 30 - 60 min	2/23 30 - 45 min	2/24 x-train 40 - 60 min	2/25 10 - 13 miles	2/26 or combo
22	2/27 30-45 min	2/28 rest or x-train	3/1 30 - 60 min	3/2 30 - 45 min	3/3 x-train 40 - 60 min	3/4 6 - 8 miles	3/5 rest
23	3/6 30-45 min	3/7 rest or x-train	3/8 30 - 45 min	3/9 30 - 45 min	3/10 x-train 40 - 60 min	3/11 6 - 7 miles	3/12 rest
24	3/13 easy 30 min	3/14 rest	3/15 easy 30 min	3/16 easy 25 min	3/17 rest	3/18 LAWKND	3/19 MARATHON

REST, X TRAIN OR EASY RUN DAY BEFORE & AFTER WEEKEND LONGER RUNS

For combo runs add 2-3 miles to total scheduled mileage. Example: long runs of 15 miles, go for 11-12 miles on Saturday and 6 miles on Sunday.
So for scheduled run of 15 miles you will 17 - 18 miles over 2 back to back days.