



Epic Rocky Mountain Relay Intermediate Training Program

This plan is designed for intermediate runners who may have a few races under their belt or has competed in an Epic Relay before and is seeking to push themselves to the next level. This is a 15-week program that will quickly challenge you after week 3 so go at your pace and do what works for you. Also, feel free to adjust the training schedule to fit your schedule, there is nothing special about what day each workout is listed to be done on.

In regards to each day, the general routine breaks down as follows:

Mondays are for rest and recovery.

Tuesday workouts are race pace (RP). This means run at the pace you feel that you would run in an actual race. This pace will vary depending on the distance, so it will be helpful to know which legs of the actual race you will be running.

Wednesdays and **Fridays** are listed as W/S/B. W stands for weights, S for swim, and B for bike. This day gives you freedom in the program to decide what you want to do. If you feel that strength training is beneficial to you, then go to the gym and lift that day. If you feel that a low impact workout such as swimming or biking is more your style, then go with one of those. My best advice is to establish a mix of each of these; for example swimming for 30 minutes and then lifting weights for 30 minutes one day and then on the next W/S/B day doing nothing but a 45 minute bike. Many runners may feel out of place in a weight room as it is one of the least utilized training tools by most distance runners, but do not be afraid to experiment. While a simple runner's weight workout is listed on the Epic Relays training site, a program tailored to you specifically will be much more beneficial. For direction with such a plan contact a fitness professional in your area. Also, beginning in week 4, Wednesday W/S/B workouts will be replaced every other week with a speed or hill running workout. In regards to the hill workouts, depending on where you live, finding a hilly course to run on may be challenging. If you cannot find a course that has either rolling or sustained hills, try to find at least one good hill that you could do several laps on by going up and down it for the duration of the workout.

Thursday runs are designed to be at an easy pace. Use this day to get some mileage under your belt without too much wear and tear on your body. Practice your race hydration and fueling on these runs by bringing along different fluids and snacks and see which ones agree with you.

Saturday runs vary in both length and intensity. Unlabeled runs (i.e. 1, 3, etc) are up to you as to how hard you want to run. If you feel good, then go ahead and give it a little extra, if not, then take it easy. Distances labeled with a "T" are for tempo runs. A tempo run is a hard effort, about 20-30 seconds faster per mile than your race pace.

Sundays are volume days. Your longest single runs will be done on this day. For the most part, the pace will be slower than race pace, however, as the program continues and you feel better and more confident about your running ability, you can begin to throw in some faster paced stretches during those longer runs.

Beginning in week 9, some two a day runs are thrown in to simulate the actual race. During an Epic Relay, your body will have to be able to recover in a matter of only 8-10 hours (or less for ultra teams)

before it must go out and run again. We will try to simulate this by doing some morning and afternoon runs done on the same day. These workouts are labeled for example 3AM/3PM, the number refers to distance, not time of day.

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Weekly Mileage
1	OFF	1	W/S/B	1	W/S/B	2	3	7
2	OFF	1	W/S/B	2	W/S/B	3	4	10
3	OFF	2	W/S/B	2	W/S/B	2T	4	10
4	OFF	2	W/S/B	3	W/S/B	3	5	13
5	OFF	4	Easy Hill Run: 45 minutes	2	W/S/B	3	6	16
6	OFF	4	W/S/B	3	W/S/B	4T	6	17
7	OFF	4	3x1 mile repeats @ near maximal mile pace with 4 min recovery between each	4	W/S/B	5	7	20
8	OFF	3	OFF	3	W/S/B	3T	5	14
9	OFF	4	Hard Hill Run: 45 minutes	3	W/S/B	3T	3AM/3PM	21
10	OFF	3	W/S/B	3	W/S/B	3AM/3PM(T)	5AM	17
11	OFF	4	5x800 meters @ 3:30-4min pace w/ 3:30min recovery	2	W/S/B	3	4AM/4PM	19.5
12	OFF	5	W/S/B	4	W/S/B	4T	5AM/6PM	24
13	OFF	4	Easy Hill Run: 45 minutes	2	W/S/B	4	3AM/4PM	22
14	OFF	3	W/S/B	3	W/S/B	3T	5	14
15	OFF	2	2	1	Relay	Relay		16-26