




RAGNAR
TRAIL RELAYS

PRESENTED BY

salomon

TRAINING GUIDE

INTERMEDIATE GUIDE

At least 50% off runs should be run on trail. If elevation is not possible add some hills.



WEEK OF	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	3 miles	Active rest	3 miles tempo	Active rest	Cross training	4 miles-long run	Rest
Week 2	3 miles	Active rest	4 miles tempo	Active rest	Cross training	5 miles-long run	Rest
Week 3	3 miles	Active rest	5 miles tempo	Active rest	Cross training	7 miles-long run	Rest
Week 4	4 miles	4 miles easy	5 miles tempo	Active rest	5 miles	9 miles-long run	Rest
Week 5	4 miles	5 miles easy	5 miles speed	Active rest	5 miles at elevation	10 miles-long run	Rest
Week 6	4 miles	5 miles easy	5 miles tempo	Active rest	5 miles	12 miles-long run	Rest
Week 7	4 miles	6 miles hill run	6 miles speed	Active rest	5 miles at elevation	14 miles-long run	Rest
Week 8	5 miles	6 miles easy	6 miles tempo	Active rest	6 miles	6/4 multiple runs	Rest
Week 9	5 miles	6 miles hill run	6 miles speed	Active rest	6 miles at elevation	12 miles-long run	Rest
Week 10	5 miles	7 miles easy	6 miles tempo	Active rest	6 miles	5/4 multiple runs	Rest
Week 11	5 miles	7 miles hill run	6 miles tempo	Active rest	6 miles	3/6 multiple runs	Rest
Week 12	5 miles	4 miles easy	5 miles trail	Active rest	RUN, CAMP, SLEEP(?) REPEAT		Sleep!

TEMPO RUN:
Begin with 5 - 10 minute warm-up. Continue with 4 - 6 minutes of race pace, followed by 2 - 3 minutes of recovery. Conclude with 5 - 10 minute cool down.

LONG RUNS/ MULTIPLE RUNS:
There are a few days that included multiple workouts in one day. This is designed to simulate running 3 legs over 24 hours. Also, try running at night and or at elevation.

ACTIVE REST:
Try to include a core workout as well as light resistance training while keeping heart rate at 60 - 65%. This could also be a short hike or walking.