



12-Week Run Training Plan

This training plan is designed for beginner to intermediate runners preparing for the Reno-Tahoe Odyssey Relay Run Adventure (RTO). Each week includes a variety of workouts at different paces to improve endurance, speed, and running economy. Please refer to the 'Pace Definitions' section for explanations of each pace type.

We recommend that RTO participants follow a training plan similar to a half marathon, but the RTO is a unique event with key differences listed below.

1. You will be running 3 legs during an approximately 24-hour period so your overall run, which could total 15 miles, will be broken into 3 runs.
2. You should practice 2-3 runs in a 24-hour period multiple times in this training plan.
3. One of your legs/runs will be in the dark so be sure to include several dark runs complete with all the safety gear such as a headlamp, reflective or light up vest and 2 blinking lights on your back. All of the gear should be on the outermost layer of your clothing.
4. Try to participate in several of the official RTO Practice Runs.
5. Try to go run your actual legs ahead of the race.

Pace Definitions

E Pace: Easy pace: A run pace you could easily carry on a conversation with a friend. For the true beginner, this may involve periods of walking.

T Pace: Threshold pace: A run pace you can sustain for 30-60 minutes. You should be able to maintain a pattern of three steps per inhale, two steps per exhale.

H Pace: Hard pace: This is your repetition pace reserved for periods of hard running with a duration of 2 minutes or less, separated by recovery intervals. Reserved for Wednesday Track Day.

M Pace: Marathon Goal Pace: The pace you plan to run for your goal marathon. This pace should be 0 - 10 sec per mile slower than the pace you ran for a recent half marathon.

Week 1 – Start Running (intended start is 3/11/24 however the first 3 weeks are the same to establish your base running fitness; starting during the first 3 weeks may vary depending on your current fitness level)

Monday: E Pace Run: Run 30min with 4min E Pace, 1min walk

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 8x (1min H, 1min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min with 4min E Pace, 1min walk

Friday: Rest or cross-train

Saturday: Run 50min E Pace (jog walk as needed) and finish with 4-5 x 20 second strides.

Sunday: Rest or cross-train

Week 2

Monday: E Pace Run: Run 45min with 4min E Pace, 1min walk

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 8x (1min H, 1min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min with 4min E Pace, 1min walk

Friday: Rest or cross-train

Saturday: Run 50min E Pace (jog walk as needed) and finish with 4-5 x 20 second strides.

Sunday: Rest or cross-train

Week 3

Monday: E Pace Run: Run 45min with 4min E Pace, 1min walk

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 8x (1min H, 1min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min with 4min E Pace, 1min walk

Friday: Rest or cross-train

Saturday: Run 45min with 4min E Pace, 1min walk

Sunday: Rest or cross-train

Week 4 – Real Training Begins

Monday: T Pace Run: Run 2mi E, Complete 3-4 20 second strides, Run 3 x 5min at T Pace with 2min E jog between each 5min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 8x (1min H, 1min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Run 1hr E Pace and finish with 4-5 x 20 second strides

Sunday: Rest or cross-train

Week 5

Monday: T Pace Run: Run 2mi E, Complete 3-4 20 second strides, Run 4 x 5min at T Pace with 2min E jog between each 5min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 3x (1min H, 1min Walk, 1min H, 1min Walk, 2min H, 2min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Run 1:10 E Pace and finish with 4-5 x 20 second strides

Sunday: Rest or cross-train

Week 6

Monday: T Pace Run: Run 2mi E, Complete 3-4 20 second strides, Run 4 x 5min at T Pace with 2min E jog between each 5min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 3x (1min H, 1min Walk, 2min H, 2min Walk, 2min H, 2min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Run 1:20 E Pace and finish with 4-5 x 20 second strides

Sunday: Rest or cross-train

Week 7 – Slight Recovery Week

Monday: T Pace Run: Run 2mi E, Complete 3-4 20 second strides, Run 4 x 5min at T Pace with 2min E jog between each 5min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 3x (1min H, 1min Walk, 2min H, 2min Walk, 2min H, 2min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Rest or cross-train

Sunday: Optional 30min E Run

Week 8

Monday: T Pace Run: Run 2mi E, Complete 3-4 20 second strides, Run 5 x 5min at T Pace with 2min E jog between each 5min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 7x (2min H, 2min Walk/Jog). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Run 1:30 E Pace and finish with 4-5 x 20 second strides

Sunday: Optional 30min E Run

Week 9

Monday: T Pace Run: Run 2mi E, Complete 3-4 x 20 second strides, Run 5 x 6min at T Pace with 2min E jog between each 6min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 7x (3min H, 1min Walk/Jog). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Run 1:40 E Pace and finish with 4-5 x 20 second strides

Sunday: Optional 30min E Run

Week 10

Monday: T Pace Run: Run 2mi E, Complete 3-4 x 20 second strides, Run 6 x 6min at T Pace with 2min E jog between each 6min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 2x (1min H, 2min H, 3min H, 4min H - Recovery Interval is half of the H interval). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Run 1:50 E Pace and finish with 4-5 x 20 second strides

Sunday: Optional 30min E Run

Week 11

Monday: T Pace Run: Run 2mi E, Complete 3-4 x 20 second strides, Run 6 x 6min at T Pace with 2min E jog between each 6min interval, Run 2mi E

Tuesday: Rest or cross-train

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 6x (3 min H, 1 min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: E Pace Run: Run 45min E Pace

Saturday: Run 2hr E Pace and finish with 4-5 x 20 second strides

Sunday: Optional 30min E Run

Week 12 – Race Week

Monday: Rest Day

Tuesday: E Pace Run: Run 45min E Pace

Wednesday: RRC Hub Track Day: Run to Reno High (.9mi) complete prescribed interval work or 8x (2min H, 1min Walk). Run back to Hub

Thursday: E Pace Run: Run 45min E Pace

Friday: Race Day

Saturday: Race Day

Sunday: Celebrate and Sign Up for 2025 RTO!