



FROM COUCH TO RAGNAR

4 WEEK RAGNAR CRASH COURSE

This 4-week crash course is for those who have pushed training off until the last minute (or were just asked to join a team!). It's important to balance pushing yourself to get ready for race day and getting hurt. On Sunday of week three, you should run the distance of your longest leg during Ragnar. We suggest you do a few of your runs at night to mimic the night run you'll do during your Ragnar, in addition to running twice a day on tired legs like you will during Ragnar. Yoga, boot camp, crossfit, TRX are all great in addition to running, but not as a substitute



WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	REST	3 miles	4 miles 1x5 min. pickup	3 miles	REST	3 miles 1x5 min. pickup	4 miles
2	REST	3 miles	4 miles 2x5 min. pickup (2:30 min rest)	3 miles	REST	4 miles 8x1 min. pickups (1 min. rest)	6 miles
3	REST	4 miles 4x3 min. pickups (2 min rest)	5 miles	4 miles	REST	4 miles 6x2 min. pickups (2 min. rest)	6 miles
4	REST	4 miles	3 miles 6x30 sec. pickup (30 sec. rest)	REST			

*Pickups are accelerations during the run. Accelerate from normal running pace for the time specified, and then go back to regular pace during rest periods.



ABOUT STEVE JONES:

Steve Jones, former marathon and half marathon record holder, is a longtime Reebok ambassador. Steve has won multiple major marathons including Chicago, London and NYC and currently coaches runners to maximize their fullest potential.