



**Arrowsmith Radical Runners  
Beginners – Intermediate Training Schedule  
for Victoria Half Marathon on October 12, 2008**

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 22	Rest	5-7	Rest	7-9	Rest	4	10
June 29	Rest	5-7	Rest	7-9	Rest	4	12
July 6	Rest	5-7	Rest	7-9	Rest	5	10
July 13	Rest	5-7	Rest	7-9	Rest	4	13
July 20	Rest	5-7	Rest	7-9	Rest	4	16
July 27	Rest	5-7	Rest	7-9	Rest	4	18
July 31	Rest	5-7	Rest	7-9	Rest	4	14
Aug 3	Rest	5-7	Rest	7-9	Rest	6.5	18
Aug 10	Rest	5-7	Rest	7-9	Rest	8	Rest
Aug 17	LTT ½ Marathon	5-7 or Rest	Rest	7-9	Rest	8	10
Aug 24	Rest	5-7	Rest	7-9	Rest	8	16
Sept 7	Rest	5-7	Rest	7-9	Rest	8	18
Sept 14	Rest	5-7	Rest	7-9	Rest	6.5	22
Sept 21	Rest	5-7	Rest	7-9	Rest	6.5	16
Sept 28	Rest	5-7	Rest	4	Rest	6.5	12
Oct 5	Rest	5-7	Rest	3	Rest	3	Rest

Ensure you have 2 full days of rest per week, no cross training on rest days!

Rest Days are important as run days, allowing your body recovery time so you stay injury free.  
If you are currently running 3 days a week carefully try and add a 4<sup>th</sup> day and listen to your body  
and decide if 4 days is too much.