



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

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 22	Rest	7-9	Rest	9-11	Rest	8	12
June 29	Rest	7-9	Rest	9-11	Rest	8	14
July 6	Rest	7-9	Rest	9-11	Rest	8	16
July 13	Rest	7-9	Rest	9-11	Rest	8	13
July 20	Rest	7-9	Rest	9-11	Rest	8	16
July 27	Rest	7-9	Rest	9-11	Rest	8	18
July 31	Rest	7-9	Rest	9-11	Rest	8	20
Aug 3	Rest	7-9	Rest	9-11	Rest	8	18
Aug 10	Rest	7-9	Rest	9-11	Rest	8	Rest
Aug 17	LTT $\frac{1}{2}$ Marathon	7-9	Rest	9-11	Rest	8	24
Aug 24	Rest	7-9	Rest	9-11	Rest	8	18
Sept 7	Rest	7-9	Rest	9-11	Rest	8	20
Sept 14	Rest	7-9	Rest	9-11	Rest	8	24
Sept 21	Rest	7-9	Rest	9-11	Rest	8	20
Sept 28	Rest	7-9	Rest	9	Rest	8	12
Oct 5	Rest	7	Rest	7	Rest	5	Rest

To allow your body recovery time and to stay injury free the rest days are as important as run days in training. Ensure you have 2 full days of rest per week, no cross training on rest days! This is a 4day a week schedule, if you already run 5 days a week then add an extra day to your training if it works for you.