



**Arrowsmith Radical Runners
Intermediate – Advanced Training Schedule
for Log Train Trail Half Marathon on August 20, 2006**

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 21	Rest	7-9	Rest	9-11	Rest	8	13
May 28	Rest	7-9	Rest	9-11	Rest	8	16
June 4	Rest	7-9	Rest	9-11	Rest	8	18
June 11	Rest	7-9	Rest	9-11	Rest	8	20
June 18	Rest	7-9	Rest	9-11	Rest	8	18
June 25	Rest	7-9	Rest	9-11	Rest	8	20
July 2	Rest	7-9	Rest	9-11	Rest	8	24
July 9	Rest	7-9	Rest	9-11	Rest	8	18
July 16	Rest	7-9	Rest	9-11	Rest	8	20
July 23	Rest	7-9	Rest	9-11	Rest	8	24
July 30	Rest	7-9	Rest	9-11	Rest	8	20
Aug 6	Rest	7-9	Rest	9	Rest	8	12
Aug. 13	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.