



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

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 21	Rest	5-7	Rest	7-9	Rest	4	13
May 28	Rest	5-7	Rest	7-9	Rest	4	16
June 4	Rest	5-7	Rest	7-9	Rest	4	18
June 11	Rest	5-7	Rest	7-9	Rest	4	14
June 18	Rest	5-7	Rest	7-9	Rest	6.5	18
June 25	Rest	5-7	Rest	7-9	Rest	8	20
July 2	Rest	5-7	Rest	7-9	Rest	8	10
July 9	Rest	5-7	Rest	7-9	Rest	8	16
July 16	Rest	5-7	Rest	7-9	Rest	8	18
July 23	Rest	5-7	Rest	7-9	Rest	6.5	22
July 30	Rest	5-7	Rest	7-9	Rest	6.5	16
Aug 6	Rest	5-7	Rest	4	Rest	6.5	12
Aug 13	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 4th day and listen to your body
and decide if 4 days is to much.