



Arrowsmith Radical Runners Training Schedule for Vancouver Full Marathon on May 6, 2007

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 7	Rest	5-8	5	6.5	Rest	6.5	16
Jan 14	Rest	5-8	5	6.5	Rest	6.5	Rest
Jan 28	Mill Bay 10K	5-8	6.5	6.5	Rest	6.5	20
Feb 4	Rest	5-8	5	6.5	Rest	6.5	16
Feb 11	Rest	7	9	6.5	Rest	6.5	24
Feb 18		5-8	6.5	6.5	Rest	8	26
Feb 25	Rest	5-8	8	6.5	Rest	6.5	28
Mar 4	Rest	8	9	6.5	Rest	8	30
Mar 11	Rest	5-8	8	6.5	Rest	9	Rest
Mar 18	Comox ½ Marathon	5-8	9	6.5	Rest	8	19
Mar 25	Rest	5-8	9	6.5	Rest	8	32
Apr 1	Rest	5-8	9	6.5	Rest	9	26
Apr 8	Rest	5-8	8	6.5	Rest	9	32
Apr 15	Rest	5-8	9	6.5	Rest	9	19
Apr 22	Rest	5-8	8	9.5	Rest	6.5	13
Apr 29	Rest	5	6.5	5	Rest	5	Rest

Ensure you have 2 full days of rest per week, no cross training on rest days! This is a 5 day schedule for those that are already running 5 days. If you only run 4 days a week, stick to that to avoid getting injuries; remove the Tuesday workout. You may also put Friday's run distance to Sunday if that works for you. 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 but listen to your body and decide if 4 days is too much.