



## A.R.R. Intermediate-Advanced Training Schedule for Vancouver Half-Marathon on May 6, 2007

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 7	Rest	7-9	Rest	9-11	Rest	8	12
Jan 14	Rest	7-9	Rest	9-11	Rest	8	14
Jan 28	Mill Bay 10K	5-7 or Rest	Rest	9-11	Rest	8	16
Feb 4	Rest	7-9	Rest	9-11	Rest	8	13
Feb 11	Rest	7-9	Rest	9-11	Rest	8	16
Feb 18	Rest	7-9	Rest	9-11	Rest	8	18
Feb 25	Rest	7-9	Rest	9-11	Rest	8	20
Mar 4	Rest	7-9	Rest	9-11	Rest	8	18
Mar 11	Rest	7-9	Rest	9-11	Rest	8	20
Mar 18	Rest	7-9	Rest	9-11	Rest	8	24
Mar 25	Rest	7-9	Rest	9-11	Rest	8	18
Apr 1	Rest	7-9	Rest	9-11	Rest	8	20
Apr 8	Rest	7-9	Rest	9-11	Rest	8	24
Apr 15	Rest	7-9	Rest	9-11	Rest	8	20
Apr 22	Rest	7-9	Rest	9	Rest	8	12
Apr 29	Rest	7	Rest	7	Rest	5	Rest

Ensure you have 2 full days of rest per week, no cross training on rest days! Rest Days are as 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 but listen to your body and decide if 4 days is to much.