



## Arrowsmith Radical Runners Training Schedule for Victoria Full Marathon on October 8, 2006

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 18	Rest	5-8	5	6.5	Rest	6.5	13
June 25	Rest	5-8	5	6.5	Rest	6.5	16
July 2	Rest	5-8	6.5	6.5	Rest	6.5	20
July 9	Rest	5-8	5	6.5	Rest	6.5	16
July 16	Rest	7	9	6.5	Rest	6.5	24
July 23		5-8	6.5	6.5	Rest	8	26
July 30	Rest	5-8	8	6.5	Rest	6.5	28
Aug 6	Rest	8	9	6.5	Rest	8	30
Aug 13	Rest	5-8	8	6.5	Rest	9	Rest
Aug 20	LTT ½ Marathon	5-8	9	6.5	Rest	8	19
Aug 27	Rest	5-8	9	6.5	Rest	8	32
Sept 3	Rest	5-8	9	6.5	Rest	9	26
Sept 10	Rest	5-8	8	6.5	Rest	9	32
Sept 17	Rest	5-8	9	6.5	Rest	9	19
Sept 24	Rest	5-8	8	9.5	Rest	6.5	13
Oct 1	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 4<sup>th</sup> day and listen to your body and decide if 4 days is too much.