



**Arrowsmith Radical Runners
Beginners – Intermediate Training Schedule
for Comox Half Marathon on March 21, 2010**

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 29	Rest	5-7	Rest	7-9	Rest	4	10
Dec 6	Rest	5-7	Rest	7-9	Rest	4	12
Dec 13	Rest	5-7	Rest	7-9	Rest	5	10
Dec 20	Rest	5-7	Rest	7-9	Rest	4	13
Dec 27	Rest	5-7	Rest	7-9	Rest	4	16
Dec 31	Rest	5-7	Rest	7-9	Rest	4	18
Jan 3	Rest	5-7	Rest	7-9	Rest	4	14
Jan 10	Rest	5-7	Rest	7-9	Rest	6.5	18
Jan 17	Rest	5-7	Rest	7-9	Rest	8	Rest
Jan 24	Rest	5-7	Rest	7-9	Rest	8	10
Feb 7	Rest	5-7	Rest	7-9	Rest	8	16
Feb 14	Rest	5-7	Rest	7-9	Rest	8	18
Feb 21	Rest	5-7	Rest	7-9	Rest	6.5	22
Feb 28	Rest	5-7	Rest	7-9	Rest	6.5	16
Mar 7	Rest	5-7	Rest	4	Rest	6.5	12
Mar 14	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.