Training Schedule for Chilly Half Marathon, March 4, 2012

Week of	Monday	Tuesday	Wed.	Thursday	Friday	Sat	Sunday	Max Wk tot
December 19, 2		6 to 8		6 to 8	5		8	29
December 26, 2		6 to 8		6 to 8	5		8	29
January 2, 2012		6 to 8		6 to 8	*8 to 10*		10	36
January 9, 2012		6 to 8		6 to 8	*8 to 10*		12	38
January 16, 201		6 to 8		6 to 8	*8 to 10*		14	40
January 23, 201		6 to 8		6 to 8	*8 to 10*		16	42
January 30, 201		6 to 8		6 to 8	*8 to 10*		14	40
February 6, 201		6 to 8		6 to 8	*8 to 10*		18	44
February 13, 20		6 to 8		6 to 8	*8 to 10*		20	46
February 20, 20		6 to 8		6 to 8	*8 to 10*		12	38
February 27, 20		5		5	*2 to 3*	*2 to 3*	CH - 21	37
March 5, 2012	REST	3	3		8 to 10		8	24

NOTE:The weekly totals are the maximum, you will be walking less if you walk the shorter distance on mid-week walks.

We encourage you to join the membership and walk at least two classs a week, another walk, and your long walk.

Changes can be made to this schedule as required. Please speak to your coach.

Training schedules are given as guidance only, please listen to your body and respect what it tells you in terms of fatigue or pain.