

## 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 classes 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.