

**Scotiabank  $\frac{1}{2}$  Marathon - October 19, 2014**

<b>Week</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
August 30	15km (12)	Rest	10km	Rest	Rest	6km/45 sec sprints x 5	Rest
September 6	13km (17)	Rest	10km	Rest	Rest	7km/hill x 2	Rest
September 13	15km (19)	Rest	10km	Rest	Rest	7km/45 sec sprints x 5	Rest
September 20	17km (15)	Rest	10km	Rest	Rest	8km/60 sec sprints x 5	Rest
September 27	19km (21)	Rest	10km	Rest	Rest	8km/ hill x 4	Rest
October 4	15km	Rest	10km	Rest	Rest	5km	Rest
October 11	5km	Rest	10km	Rest	Rest	5km	Rest
October 18	Rest	Race Day!	Rest	Rest	Rest	Easy 5km	Rest

If you are switching from November  $\frac{1}{2}$  to this program, do distances in brackets for Saturday runs. You will hit 21km in training.