

Charlottesville Ten Miler Training Program #4 – PHASE 2

WEEK # 11 (1/11 – 1/17)

M 4 miles
W 5 miles
Th 3 miles (optional)
Sat. 8 miles
Sun. 3 miles (optional)

WEEK #12 (1/18 – 1/24)

M 4 miles
W 5 miles
Th 3 miles
Sat. 9 miles
Sun. 3 (optional)

WEEK #13 (1/25 – 1/31)

M 4 miles
W 5 miles
Th 3 miles
Sat. 10 miles
Sun. 3 (optional)

WEEK #14 (2/1– 2/7)

M 4 miles
W 5 miles
Th 3 miles
Sat. 6 miles w/2 mile time trial
Sun. 3 (optional)

WEEK #15 (2/8 – 2/14)

M 4 miles
W 5 miles
Th 3 miles
Sat. 11 miles
Sun. 3 miles (optional)

WEEK #16 (2/15 – 2/21)

recovery
M 4 miles
W 5 miles
Th 3 miles
Sat. 7 miles with last 5 at race pace
Sun. 3 miles (optional)

WEEK #17 (2/22 – 2/28)

M 4 miles
W 5 miles
Th 3 miles
Sat. 12 miles
Sun. 3 miles (optional)

WEEK #18 (2/29 – 3/6)

M 4 miles
W 4 miles
Th 2 miles
Sat. Haven 8K (7 miles total)
Sun. 0 miles (optional)

WEEK #19 (3/7 – 3/13)

M 3-4 miles
W 5 miles
Th 3 miles
Sat. 7 miles
Sun. 3 miles (optional)

WEEK #20 (3/14 – 3/20 RACE)

M 4 miles
W 3 miles
Th 2 miles (optional)
Sat. TEN MILE RACE!!!!!!!!!!!!
Sun. 0

WEEK #21 (3/21 – 3/27 Recovery!)

M 2 miles
W 3 miles
Th 2 miles
Sat. 4 miles
Sun. 2 miles (optional)

WEEK #22 (3/28–4/3 Recovery!)

M 3 miles
W 4 miles
Th 3 miles
Sat. 5 miles
Sun. 2 miles (optional)

Compiled by Coach Mark Lorenzoni (call him at 434-293-3367 with any questions along the way)

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