

# Charlottesville Ten Miler Training Program #1

**October 28** – ½ mile (walk/run)

## **WEEK 1 (10/30 – 11/5)**

M – ½ mile (walk 1 min./run 30 sec.)

W – ½ mile (walk/run)

Sat. – ¾ mile (walk/run)

## **WEEK 2 (11/6 – 11/12)**

M – ¾ mile (walk 30 sec./run 30 sec.)

W – ¾ mile

Sat. – 1 mile (walk/run)

## **WEEK 3 (11/13 – 11/19)**

M – 1 mile (walk 30 sec./run 30 sec.)

W – 1 mile

Sat. – 1.25 mile (walk/run)

## **WEEK 4 (11/20 – 11/26)**

M – 1 mile (walk 30 sec./run 30 sec.)

W – 1.25 miles

Th. – 1 mile (optional 4<sup>th</sup> day)

Sat. – 1.5 miles (walk/run)

## **WEEK 5 (11/27 – 12/3)**

M – 1.25 miles (walk 30 sec./run 1:30)

W – 1.5 miles

Th. – 1 mile (optional 4<sup>th</sup> day)

Sat. – 2 miles (walk/run)

## **WEEK 6 (12/4 – 12/10)**

M – 1.5 mile (walk 30 sec./run 2 min.)

W – 2 miles

Th. – 1.5 miles (optional 4<sup>th</sup> day)

Sat. – 2.5 miles (walk/run)

## **WEEK 7 (12/11 – 12/17)**

M – 2 miles (walk 30 sec./run 2:30)

W – 2 miles

Th. – 1.5 miles (optional 4<sup>th</sup> day)

Sat. – 3 miles (walk/run)

## **WEEK 8 (12/18 – 12/24)**

M – 2 miles (walk 30/sec./run 3 min.)

W – 2.5 miles

Th. – 1.5 miles (optional 4<sup>th</sup> day)

Sat. – 3.5 miles

## **WEEK 9 (12/25 – 12/31)**

M – 2.5 miles (walk 30 sec./run 4 min.)

W – 2 miles

Th. – 1.5 miles

Sun – 2 miles

## **WEEK 10 (1/1 – 1/7)**

M – New Year's Day 5K )

W – 2 miles

Th. – 2 miles (optional 4<sup>th</sup> day)

Sat. – 4 miles

## **WEEK 11 (1/8 – 1/14)**

M – 3 miles

W – 3 miles

Th. – 2 miles

Sat. – 5 miles

**Phase II will be available on 1/6/18.**