

# Charlottesville Ten Miler Training Program #4

**October 28**—3 miles

## **WEEK 1 (10/30 – 11/5)**

M – 2 miles  
W – 2.5 miles  
Sat. – 3.5 miles

## **WEEK 2 (11/6 – 11/12)**

M – 2.5 miles  
W – 2.5 miles  
Sat. – 3.75 miles

## **WEEK 3 (11/13 – 11/19)**

M – 2.5 miles  
W – 3 miles  
Sat. – 4 miles

## **WEEK 4 (11/20 – 11/26)**

M – 3 miles  
W – 3 miles  
Th. – 2 miles (optional 4<sup>th</sup> day)  
Sat. – 4.5 miles

## **WEEK 5 (11/27 – 12/3)**

M – 3 miles  
W – 3.5 miles  
Th. – 2 miles (optional 4<sup>th</sup> day)  
Sat. – 5 miles

## **WEEK 6 (12/4 – 12/10)**

M – 3 miles  
W – 4 miles  
Th. – 2.5 miles (optional 4<sup>th</sup> day)  
Sat. – 5.5 miles

## **WEEK 7 (12/11 – 12/17)**

M – 3 miles  
W – 4 miles  
Th. – 3 miles  
Sat. – 6 miles

## **WEEK 8 (12/18 – 12/24)**

M – 3 miles  
W – 4 miles  
Th. – 3 miles  
Sat. – 3 miles

## **WEEK 9 (12/25 – 12/31)**

M – 3 miles  
W – 3 miles  
Th. – 2 miles  
Sat. – 3 miles

## **WEEK 10 (1/1– 1/7)**

M – New Year's Day 5K  
W – 3 miles  
Th. – 3 miles  
Sat. – 8 miles

## **WEEK 11 (1/8 – 1/14)**

M – 4 miles  
W – 4 miles  
Th. – 3 miles  
Sat. – 6 miles with pace work

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