

**Charlottesville Half Marathon
Training Program- Beginner**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/14/09	WEEK 1	REST	1.5	1.5	1.5	REST	3	CROSS
12/21/09	WEEK 2	REST	1.5	1.5	1.5	REST	3.5	CROSS
12/28/09	WEEK 3	REST	2	1.5	1.5	REST	2.5	CROSS
1/4/10	WEEK 4	REST	2	1.5	1.5	REST	4.5	CROSS
1/11/10	WEEK 5	REST	2.5	1.5	1.5	REST	5	CROSS
1/18/10	WEEK 6	REST	2.5	1.5	1.5	REST	3.5	CROSS
1/25/10	WEEK 7	REST	3	1.5	1.5	REST	6	CROSS
2/1/10	WEEK 8	REST	3	1.5	1.5	REST	6.5	CROSS
2/8/10	WEEK 9	REST	3.5	1.5	2	REST	5	CROSS
2/15/10	WEEK 10	REST	3.5	1.5	2	REST	7.5	CROSS
2/22/10	WEEK 11	REST	4	2	2	REST	8	CROSS
3/1/10	WEEK 12	REST	4	2	2	REST	6	CROSS
3/8/10	WEEK 13	REST	4.5	2	2.5	REST	8	CROSS
3/15/10	WEEK 14	REST	4.5	2.5	2.5	REST	10	CROSS
3/22/10	WEEK 15	REST	5	2.5	2.5	REST	12	CROSS
3/29/10	WEEK 16	REST	5	2.5	2.5	REST	6	CROSS
4/5/10	WEEK 17	REST	2.5	2.5	2.5	REST	4	CROSS
4/12/10	RACE WEEK!	REST	2	1.5	1	REST	RACE	REST



**CHARLOTTESVILLE
RUNNING COMPANY**

