

**Charlottesville Marathon
Training Program- Advanced**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/14/09	WEEK 1	3	6	3	4X800	REST	8	6 PACE
12/21/09	WEEK 2	3	6	3	4X HILL	REST	13	6 PACE
12/28/09	WEEK 3	3	7	3	35 TEMPO	REST	14	7
1/4/10	WEEK 4	3	7	3	5X800	REST	10	7 PACE
1/11/10	WEEK 5	3	8	4	5X HILL	REST	16	8 PACE
1/18/10	WEEK 6	3	8	4	40 TEMPO	REST	17	8
1/25/10	WEEK 7	3	9	4	6X800	REST	12	9 PACE
2/1/10	WEEK 8	3	9	4	6X HILL	REST	19	9 PACE
2/8/10	WEEK 9	4	10	5	45 TEMPO	REST	20	10
2/15/10	WEEK 10	4	6	5	7X800	REST	12	6 PACE
2/22/10	WEEK 11	4	10	5	7X HILL	REST	20	10 PACE
3/1/10	WEEK 12	5	6	5	45 TEMPO	REST	12	6
3/8/10	WEEK 13	5	10	5	8X800	REST	20	10 PACE
3/15/10	WEEK 14	5	6	5	6X HILL	REST	24	6 PACE
3/22/10	WEEK 15	5	8	5	30 TEMPO	REST	18	4 PACE
3/29/10	WEEK 16	5	8	5	6X 800	REST	12	4
4/5/10	WEEK 17	4	6	4	15 TEMPO	REST	8	2
4/12/10	RACE WEEK!	3	2	3	4X400	REST	RACE	REST



**CHARLOTTESVILLE
RUNNING COMPANY**

