

**Charlottesville Marathon
Training Program- Beginner**

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/14/09	WEEK 1	REST	4	3	3	REST	5	CROSS
12/21/09	WEEK 2	REST	4	3	3	REST	9	CROSS
12/28/09	WEEK 3	REST	5	3	3	REST	10	CROSS
1/4/10	WEEK 4	REST	5	3	3	REST	7	CROSS
1/11/10	WEEK 5	REST	6	3	3	REST	12	CROSS
1/18/10	WEEK 6	REST	6	3	3	REST	13	CROSS
1/25/10	WEEK 7	REST	7	3	4	REST	10	CROSS
2/1/10	WEEK 8	REST	7	3	4	REST	15	CROSS
2/8/10	WEEK 9	REST	8	4	4	REST	16	CROSS
2/15/10	WEEK 10	REST	8	4	4	REST	12	CROSS
2/22/10	WEEK 11	REST	9	4	5	REST	18	CROSS
3/1/10	WEEK 12	REST	9	5	5	REST	14	CROSS
3/8/10	WEEK 13	REST	10	5	5	REST	20	CROSS
3/15/10	WEEK 14	REST	10	5	5	REST	22	CROSS
3/22/10	WEEK 15	REST	10	5	5	REST	24	CROSS
3/29/10	WEEK 16	REST	8	5	4	REST	12	CROSS
4/5/10	WEEK 17	REST	6	4	3	REST	8	CROSS
4/12/10	RACE WEEK!	REST	4	3	2	REST	RACE	REST



**CHARLOTTESVILLE
RUNNING COMPANY**

