



Charlottesville Track Club

MARATHON & HALF-MARATHON TRAINING PROGRAM



“helping runners safely achieve their long distance goals since 1993”

Join us for a professionally supervised and coached summer/fall training program designed to help those wishing to run their first long distance race or to improve on a previous performance.

This popular program is for runners, no matter your goal, shooting for a **late summer/fall marathon or half-marathon** of your choice. Registration includes:

- **Personalized training program** tailored to fit each individual’s ability and lifestyle, matched with your chosen race and personal goal
- **Weekly email messages** from your coach, Mark Lorenzoni
- **Saturday group long runs (June 29–October 26)** in beautiful locations across Albemarle county with water/gatorade and Clif bars
- **Wednesday speed workouts** at the UVA track

ORIENTATION MEETING

**Tuesday, May 7 at 5:30 p.m.
St. Paul’s Church on the Corner**

charlottesvilletrackclub.org/marathon