



Charlottesville Track Club

THE BRIDGE TO YEAR ROUND RUNNING

Created by longtime CTC Coach Mark Lorenzoni

A running program to guide you from Four Miler completion to the start of The Ten Miler Training Program and beyond...

SEPTEMBER 4–10

M 1 mile
W 1 mile
Th 1 mile
Sat. 2 miles

SEPTEMBER 25–OCTOBER 1

M 2 miles
W 3 miles
Th 2 miles
Sat. 3.5 miles (or local 5K race)

OCTOBER 16–22

M 3 miles
W 3 miles
Th 2 miles
Sat. 4 miles (or local 5K race)

SEPTEMBER 11–17

M 2 miles
W 2 miles
Th 1 mile
Sat. 2.5 miles

OCTOBER 2–8

M 2 miles
W 3 miles
Th 2 miles
Sat. 4 miles (or local 5K race)

OCTOBER 23–29

M 3 miles
W 3 miles
Th 2 miles
Sat. 4 miles (Ten Miler Training Program begins!)

SEPTEMBER 19–24

M 2 miles
W 2.5 miles
Th 1 mile
Sat. 3 miles

OCTOBER 9–15

M 2.5 miles
W 3 mile
Th 2 miles
Sat. 4 miles (or local 5K race)

Sign up for the Ten Miler Training Program in October at cvilletrackclub.org!
Call Mark for more advanced training tips including weekly track workouts...434.293.3367.

UPCOMING EVENTS

September 16	Special Olympics Pepsi 10K—Meriwethe Lewis Elementary, Ivy
September 16	Charlottesville Men's Four Miler Training Program begins!
September 30	Hoos Heal 5K
October 14	Clark Elementary School 5K—Belmont
October 14	CCS All Terrain 5K and Fun Run—Charlottesville Catholic School
October 27	Charlottesville Ten Miler Training Program begins!
November 4	Shelter for Help in Emergency 5K
November 18	Kelly Watt Memorial Run
November 23	Boar's Head Turkey Trot 5K—Boar's Head Inn
December 3	Monticello Holiday Classic 5K

WWW.CVILLETRACKCLUB.ORG