

**10 K Program 2019
MILEAGE CHART**

	<u>Monday</u> <u>07/22/19</u>	<u>Tuesday</u> <u>07/23/19</u>	<u>Wednesday</u> <u>07/24/19</u>	<u>Thursday</u> <u>07/25/19</u>	<u>Friday</u> <u>07/26/19</u>	<u>Saturday</u> <u>07/27/19</u>	<u>Sunday</u> <u>07/28/19</u>	<u>Total</u>
Week 1	Lake Newport Tennis							
Walk	Timed mile	30 min	Rest	3 miles	Rest or walk	45-90 min	Rest or walk	
Walk/Run	3	CT* or 3	Rest	3	Rest	3	4	16
Int	3	Cross Train	3	4	Rest	4	5	19
Adv	3	Cross Train	4	4	Rest	5	6	22
	* CT = Cross Train							
	<u>07/29/19</u>	<u>07/30/19</u>	<u>07/31/19</u>	<u>08/01/19</u>	<u>08/02/19</u>	<u>08/03/19</u>	<u>08/04/19</u>	
Week 2	Lake Newport Tennis							
Walk	50 min	35 min	Rest	3.5 miles	Rest or walk	55-90 min	Rest or walk	
Walk/Run	3	CT or 3	Rest	3	Rest	3	4	16
Int	3	Cross Train	3	4	Rest	4	5	19
Adv	3	Cross Train	4	4	Rest	5	7	23
	<u>08/05/19</u>	<u>08/06/19</u>	<u>08/07/19</u>	<u>08/08/19</u>	<u>08/09/19</u>	<u>08/10/19</u>	<u>08/11/19</u>	
Week 3	Lake Fairfax							
Walk	50 min	35 min	Rest	3.5 miles	Rest or	55-90 min	Rest or walk	
Walk/Run	3	CT or 3	Rest	3	Rest	3	5	17
Int	3	Cross Train	3	4	Rest	5	6	21
Adv	3	Cross Train	4	4	Rest	5	8	24
	<u>08/12/19</u>	<u>08/13/19</u>	<u>08/14/19</u>	<u>08/15/19</u>	<u>08/16/19</u>	<u>08/17/19</u>	<u>08/18/19</u>	
Week 4	Lake Newport Tennis							
Walk	50 min	40 min	Rest	4 mile	Rest or walk	65-90 min	Rest or walk	
Walk/Run	3	CT or 3	Rest	3	Rest	3	5	17
Int	3	Cross Train	3	4	Rest	5	6	21
Adv	3	Cross Train	4	5	Rest	5	6	23
	<u>08/19/19</u>	<u>08/20/19</u>	<u>08/21/19</u>	<u>08/22/19</u>	<u>08/23/19</u>	<u>08/24/19</u>	<u>08/25/19</u>	
Week 5	Lake Newport POOL							
Walk	50 min	45 min	Rest	4.5 miles	Rest or walk	75-90 min	Rest or walk	
Walk/Run	3	CT or 3	Rest	3	Rest	3	6	18
Int	3	Cross Train	4	4	Rest	5	7	23
Adv	3	Cross Train	4	5	Rest	5	9	26
	Cut back week							
	<u>08/26/19</u>	<u>08/27/19</u>	<u>08/28/19</u>	<u>08/29/19</u>	<u>08/30/19</u>	<u>08/31/19</u>	<u>09/01/19</u>	
Week 6	Lake Fairfax							
Walk	50 min	50 min	Rest	5 miles	Rest or walk	80-90 min	Rest or walk	
Walk/Run	3	Cross Train	Rest	3	Rest	3	5	14
Int	3	Cross Train	Rest	4	Rest	5	5	17
Adv	3	Cross Train	Rest	5	Rest	5	7	20
	<u>09/02/19</u>	<u>09/03/19</u>	<u>09/04/19</u>	<u>09/05/19</u>	<u>09/06/19</u>	<u>09/07/19</u>	<u>09/08/19</u>	
Week 7	PRR Store – Reston							
Walk	50 min	50 min	Rest	5 miles	Rest or walk	80-90 min	Rest or walk	
Walk/Run	3	CT or 3	Rest	3	Rest	3	6	18
Int	3	Cross Train	4	4	Rest	5	8	24
Adv	3	Cross Train	4	5	Rest	5	9	26
	Practice on Race Course Week							
	<u>09/09/19</u>	<u>09/10/19</u>	<u>09/11/19</u>	<u>09/12/19</u>	<u>09/13/19</u>	<u>09/14/19</u>	<u>09/15/19</u>	
Week 8	South Lakes HS				South Lakes HS			
Walk	3	55 min	Rest	5.5 miles	Rest or walk	Rest or walk	6	
Walk/Run	3	CT or 3	Rest	3	Rest	3	6	18
Int	3	Cross Train	4	4	Rest	5	8	24
Adv	3	Cross Train	4	5	Rest	5	9	26
	Cut back week							
	<u>09/16/19</u>	<u>09/17/19</u>	<u>09/18/19</u>	<u>09/19/19</u>	<u>09/20/19</u>	<u>09/21/19</u>	<u>09/22/19</u>	
Week 9	South Lakes HS							
Walk	3	60 min	Rest	5 miles	Rest or walk	90 min walk	Rest or walk	
Walk/Run	3	Cross Train	Rest	3	Rest	3	5	14
Int	3	Cross Train	Rest	4	Rest	5	7	19
Adv	3	Cross Train	Rest	5	Rest	5	8	21
	Race week							
	<u>09/23/19</u>	<u>09/24/19</u>	<u>09/25/19</u>	<u>09/26/19</u>	<u>09/27/19</u>	<u>09/28/19</u>	<u>09/29/19</u>	
Week 10	Lake Newport Tennis							
Walk	50 min	30 min	Rest	Rest	Rest or walk	30 min	10K Walk	
Walk/Run	3	Cross Train	Rest	3	Rest	1	6	13
Int	3	Cross Train	3	3	Rest	1	6	16
Adv	3	Cross Train	3	3	Rest	1	6	16