

OFFICIAL LITTLE ROCK MARATHON TRAINING PROGRAM

presented by



LITTLE ROCK 5K



OFFICIAL
TRAINING PARTNER



5K - Off the Couch Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/26-11/1/20	0.5	0.5	0.5	0.5	off	0.5	off	2.5
2	11/2-11/8/20	0.5	0.5	0.5	0.5	off	0.5	off	2.5
3	11/9-11/15/20	0.5	0.5	0.5	0.5	off	1	off	3
4	11/16-11/22/20	0.5	1	0.5	0.5	off	1	off	3.5
5	11/23-11/29/20	1	0.5	off	1	off	1	off	3.5
6	11/30-12/6/20	1	1	off	1	off	1	off	4
7	12/7-12/13/20	1	1	off	1	off	2	off	5
8	12/14-12/20/20	1	1	off	1	off	2	off	5
9	12/21-12/27/20	1	2	off	1	off	2	off	6
10	12/28/20-1/3/21	1	2	off	2	off	2	off	7
11	1/4-1/10/21	1	2	off	2	off	2	off	7
12	1/11-1/17/21	2	2	off	2	off	2	off	8
13	1/18-1/24/21	2	2	off	2	off	3	off	9
14	1/25-1/31/21	2	2	off	2	off	3	off	9
15	2/1-2/7/21	2	2	off	2	off	3	off	9
16	2/8-2/14/21	2	2	off	2	off	4	off	10
17	2/15-2/21/21	2	2	off	3	off	4	off	11
18	2/22-2/28/21	2	2	off	1	off	2	off	7
19	3/1-3/7/21	1	1	off	1	off	3.1	off	6.1
								TOTAL	89.6

QUESTIONS:

Coach Hobbit Singleton
501-626-8296

Coach Tom Singleton
501-944-3400
single5297@yahoo.com

please consult with your physician before beginning this or any other fitness program

WWW.LITTLE ROCK MARATHON.COM