

OFFICIAL LITTLE ROCK MARATHON TRAINING PROGRAM

presented by



Marathon/10K Combo Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/21-9/27/20	3	3	off	3	off	6	off	15
2	9/28-10/4/20	3	3	2	off	3	6	off	17
3	10/5-10/11/20	2	3	2	3	off	8	off	18
4	10/12-10/18/20	3	3	2	off	3	8	off	19
5	10/19-10/25/20	3	3	2	off	3	10	off	21
6	10/26-11/1/20	3	4	3	3	off	8	off	21
7	11/2-11/8/20	3	4	2	off	4	10	off	23
8	11/9-11/15/20	3	3	3	off	3	12	off	24
9	11/16-11/22/20	3	3	3	off	4	12	off	25
10	11/23-11/29/20	3	4	3	3	off	8	off	21
11	11/30-12/6/20	3	3	3	off	3	14	off	26
12	12/7-12/13/20	3	5	3	off	4	14	off	29
13	12/14-12/20/20	3	3	3	3	off	16	off	28
14	12/21-12/27/20	4	5	3	off	4	12	off	28
15	12/28/20-1/3/21	4	3	3	off	4	16	off	30
16	1/4-1/10/21	3	4	3	off	6	14	off	30
17	1/11-1/17/21	3	3	3	off	4	18	off	31
18	1/18-1/24/21	3	3	3	off	6	12	off	27
19	1/25-1/31/21	3	3	3	off	6	18	off	33
20	2/1-2/7/21	3	6	3	6	off	12	off	30
21	2/8-2/14/21	4	off	3	off	6	20	off	33
22	2/15-2/21/21	4	3	3	off	4	12	off	26
23	2/22-2/28/21	3	off	3	off	3	6	off	15
24	3/1-3/7/21	off	3	off	3	off	6.2	26.2	38.4
post race	3/8-3/14/21	off	1	off	1	off	2	off	4
post race	3/15-3/21/21	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/22-3/28/21	off	1.5	2	off	1.5	off	4	9
								Total	628.9

OFFICIAL
TRAINING PARTNER



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.LITTLEROCKMARATHON.COM