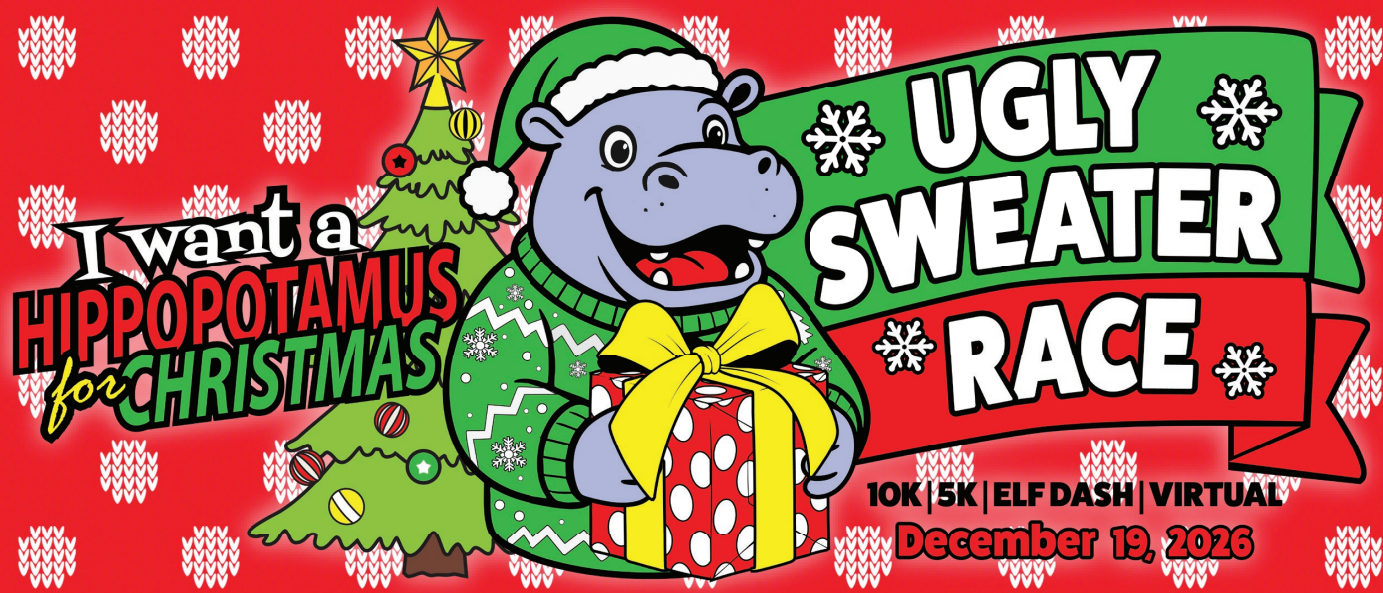

TRAINING SCHEDULES

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

5K Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/26-11/1/26	1	1	1	1.5	off	1	off	5.5
2	11/2-11/8/26	1.5	1	off	1.5	off	2	off	6
3	11/9-11/15/26	1.5	1.5	off	2	off	2	off	7
4	11/16-11/22/26	2	2	off	2.5	off	2	off	8.5
5	11/23-11/29/26	2	2	off	2	off	3	off	9
6	11/30-12/6/26	2	2	off	2	off	4	off	10
7	12/7-12/13/26	2	3	off	2	off	3	off	10
8	12/14-12/20/26	1	1	off	1	off	3.1	off	6.1
								Total	89.6

10K Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/28-10/4/26	2	1	off	2	off	2	off	7
2	10/5-10/11/26	2	2	off	2	off	2	off	8
3	10/12-10/18/26	2	2	off	2	off	3	off	9
4	10/19-10/25/26	2	2	2	1	off	3	off	10
5	10/26-11/1/26	2	3	2	2	off	3	off	12
6	11/2-11/8/26	3	2	3	2	off	4	off	14
7	11/9-11/15/26	3	2	off	3	off	4	off	12
8	11/16-11/22/26	3	3	2	3	off	4	off	15
9	11/23-11/29/26	3	3	off	3	off	6	off	15
10	11/30-12/6/26	3	3	2	3	off	6	off	17
11	12/7-12/13/26	2	2	3	2	off	4	off	13
12	12/14-12/20/26	2	3	off	2	off	6.2	off	13.2
post race	12/21-12/27/26	off	off	2	2	off	2	off	6
post race	12/28/26-1/3/27	2	off	2	2	off	2	off	8
post race	1/4-1/10/27	3	2	off	2	off	2	off	9
								Total	168.2