2027 Little Rock Marathon Training Program

August 2026 – March 2027

presented by

BILL TORREY'S ROCK CITY RUNNING
YOUR LOCAL RUNNING/WALKING EXPERTS

QUESTIONS:
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Please consult with your physician before beginning this or any other fitness program

WWW.LITTLEROCKMARATHON.COM

Marathon Build Up Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/10-8/16/26	1.5	2	1.5	2	off	3	off	10
2	8/17-8/23/26	1.5	2	2	2	off	3	off	10.5
3	8/24-8/30/26	2	2	off	3	off	4	off	11
4	8/31-9/6/26	2	3	off	3	off	4	off	12
5	9/7-9/13/26	2	3	off	3	off	5	off	13
6	9/14-9/20/26	3	3	off	3	off	5	off	14
								Total	70.5

Marathon Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/21-9/27/26	3	3	off	3	off	6	off	15
2	9/28-10/4/26	3	3	2	3	off	6	off	17
3	10/5-10/11/26	2	3	2	3	off	8	off	18
4	10/12-10/18/26	3	3	2	3	off	8	off	19
5	10/19-10/25/26	3	3	2	3	off	10	off	21
6	10/26-11/1/26	3	4	3	3	off	8	off	21
7	11/2-11/8/26	3	4	2	4	off	10	off	23
8	11/9-11/15/26	3	3	3	3	off	12	off	24
9	11/16-11/22/26	3	4	3	4	off	12	off	26
10	11/23-11/29/26	3	4	3	3	off	8	off	21
11	11/30-12/6/26	3	3	3	3	off	14	off	26
12	12/7-12/13/26	3	5	3	3	off	14	off	28
13	12/14-12/20/26	3	3	3	3	off	16	off	28
14	12/21-12/27/26	4	5	3	4	off	8	off	24
15	12/28/26-1/3/27	2	3	4	4	off	16	off	29
16	1/4-1/10/27	3	6	3	4	off	14	off	30
17	1/11-1/17/27	3	4	3	3	off	18	off	31
18	1/18-1/24/27	3	6	3	3	off	10	off	25
19	1/25-1/31/27	3	5	3	3	off	18	off	32
20	2/1-2/7/27	3	6	3	4	off	12	off	28
21	2/8-2/14/27	4	6	off	3	off	20	off	33
22	2/15-2/21/27	4	3	4	3	off	12	off	26
23	2/22-2/28/27	3	3	off	3	off	6	off	15
24	3/1-3/7/27	off	2	2	off	2	off	26.2	32.2
post race	3/8-3/14/27	off	1	off	1	off	2	off	4
post race	3/15-3/21/27	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/22-3/28/27	off	1.5	2	off	1.5	off	4	9
								Total	612.7

Marathon/10K Challenge Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/21-9/27/26	3	3	off	3	off	6	off	15
2	9/28-10/4/26	3	3	2	off	3	6	off	17
3	10/5-10/11/26	2	3	2	3	off	8	off	18
4	10/12-10/18/26	3	3	2	off	3	8	off	19
5	10/19-10/25/26	3	3	2	off	3	10	off	21
6	10/26-11/1/26	3	4	3	3	off	8	off	21
7	11/2-11/8/26	3	4	2	off	4	10	off	23
8	11/9-11/15/26	3	3	3	off	3	12	off	24
9	11/16-11/22/26	3	3	4	off	4	12	off	26
10	11/23-11/29/26	3	4	3	3	off	8	off	21
11	11/30-12/6/26	3	4	3	off	3	14	off	27
12	12/7-12/13/26	3	5	3	off	4	14	off	29
13	12/14-12/20/26	3	3	3	3	off	16	off	28
14	12/21-12/27/26	4	5	3	off	5	8	off	25
15	12/28/26-1/3/27	2	3	4	off	4	16	off	29
16	1/4-1/10/27	3	5	3	off	5	14	off	30
17	1/11-1/17/27	3	3	3	off	4	18	off	31
18	1/18-1/24/27	3	4	3	off	5	10	off	25
19	1/25-1/31/27	3	3	3	off	6	18	off	33
20	2/1-2/7/27	3	6	3	4	off	12	off	28
21	2/8-2/14/27	4	off	3	off	6	20	off	33
22	2/15-2/21/27	4	3	3	off	4	12	off	26
23	2/22-2/28/27	3	off	3	off	3	6	off	15
24	3/1-3/7/27	off	2	off	2	off	6.2	26.2	36.4
post race	3/8-3/14/27	off	1	off	1	off	2	off	4
post race	3/15-3/21/27	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/22-3/28/27	off	1.5	2	off	1.5	off	4	9
								Total	620.9

Marathon/5K Challenge Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/21-9/27/26	3	3	off	3	off	6	off	15
2	9/28-10/4/26	3	3	3	off	2	6	off	17
3	10/5-10/11/26	2	3	2	3	off	8	off	18
4	10/12-10/18/26	3	3	3	off	2	8	off	19
5	10/19-10/25/26	3	3	3	off	2	10	off	21
6	10/26-11/1/26	3	4	3	3	off	8	off	21
7	11/2-11/8/26	4	2	4	off	3	10	off	23
8	11/9-11/15/26	3	3	3	off	3	12	off	24
9	11/16-11/22/26	3	4	4	off	3	12	off	26
10	11/23-11/29/26	3	4	3	3	off	8	off	21
11	11/30-12/6/26	3	4	3	off	3	14	off	27
12	12/7-12/13/26	3	5	3	off	3	14	off	28
13	12/14-12/20/26	3	3	3	3	off	16	off	28
14	12/21-12/27/26	4	3	5	off	4	8	off	24
15	12/28/26-1/3/27	2	4	4	off	3	16	off	29
16	1/4-1/10/27	3	6	3	off	4	14	off	30
17	1/11-1/17/27	3	4	3	off	3	18	off	31
18	1/18-1/24/27	3	5	3	off	4	10	off	25
19	1/25-1/31/27	3	6	3	off	3	18	off	33
20	2/1-2/7/27	3	6	3	4	off	12	off	28
21	2/8-2/14/27	4	off	6	off	3	20	off	33
22	2/15-2/21/27	4	3	3	off	4	12	off	26
23	2/22-2/28/27	3	off	3	off	3	6	off	15
24	3/1-3/7/27	off	2	off	2	off	3.1	26.2	33.3
post race	3/8-3/14/27	off	1	off	1	off	2	off	4
post race	3/15-3/21/27	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/22-3/28/27	off	1.5	2	off	1.5	off	4	9
								Total	615.8

Half Marathon Build Up Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/7-9/13/26	1	1	off	1	off	1	off	4
2	9/14-9/20/26	1	1.5	off	1.5	off	1	off	5
3	9/21-9/27/26	1	1.5	off	1.5	off	2	off	6
4	9/28-10/4/26	1.5	1.5	off	1.5	off	2	off	6.5
5	10/5-10/11/26	2	1.5	off	2	off	2	off	7.5
6	10/12-10/18/26	2	2	off	2	off	3	off	9
7	10/19-10/25/26	2	2	off	2	off	3	off	9
								Total	47.0

Half Marathon Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/26-11/1/26	2	2	off	2	off	4	off	10
2	11/2-11/8/26	2	3	off	2	off	4	off	11
3	11/9-11/15/26	2	3	2	2	off	4	off	13
4	11/16-11/22/26	2	2	3	2	off	6	off	15
5	11/23-11/29/26	2	2	3	2	off	6	off	15
6	11/30-12/6/26	3	2	3	3	off	6	off	17
7	12/7-12/13/26	3	2	3	2	off	8	off	18
8	12/14-12/20/26	2	4	2	3	off	8	off	19
9	12/21-12/27/26	3	4	3	3	off	4	off	17
10	12/28/26-1/3/27	2	3	4	3	off	8	off	20
11	1/4-1/10/27	3	3	3	3	off	8	off	20
12	1/11-1/17/27	3	3	2	3	off	10	off	21
13	1/18-1/24/27	3	4	3	3	off	6	off	19
14	1/25-1/31/27	3	3	3	3	off	10	off	22
15	2/1-2/7/27	3	4	3	4	off	6	off	20
16	2/8-2/14/27	3	3	2	3	off	12	off	23
17	2/15-2/21/27	3	3	off	3	off	8	off	17
18	2/22-2/28/27	2	3	off	2	off	6	off	13
19	3/1-3/7/27	3	off	3	off	2	off	13.1	21.1
post race	3/8-3/14/27	off	1	off	1	off	2	off	4
post race	3/15-3/21/27	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/22-3/28/27	off	1.5	2	off	1.5	off	4	9
								Total	351.6

Half Marathon/10K Challenge Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/26-11/1/26	2	2	off	2	off	4	off	10
2	11/2-11/8/26	2	3	off	2	off	4	off	11
3	11/9-11/15/26	2	3	2	off	2	4	off	13
4	11/16-11/22/26	2	2	3	off	2	6	off	15
5	11/23-11/29/26	2	2	3	off	2	6	off	15
6	11/30-12/6/26	3	2	3	off	3	6	off	17
7	12/7-12/13/26	3	2	3	2	off	8	off	18
8	12/14-12/20/26	2	4	2	off	3	8	off	19
9	12/21-12/27/26	3	4	3	off	3	4	off	17
10	12/28/26-1/3/27	2	3	4	off	3	8	off	20
11	1/4-1/10/27	3	2	3	off	4	8	off	20
12	1/11-1/17/27	3	2	3	off	4	10	off	22
13	1/18-1/24/27	3	2	3	off	5	6	off	19
14	1/25-1/31/27	3	2	3	off	5	10	off	23
15	2/1-2/7/27	3	3	3	off	6	6	off	21
16	2/8-2/14/27	3	off	3	off	6	12	off	24
17	2/15-2/21/27	3	off	3	off	3	8	off	17
18	2/22-2/28/27	2	off	3	off	2	6	off	13
19	3/1-3/7/27	2	2	off	2	off	6.2	13.1	25.3
post race	3/8-3/14/27	off	1	off	1	off	2	off	4
post race	3/15-3/21/27	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/22-3/28/27	off	1.5	2	off	1.5	off	4	9
								Total	359.8

Half Marathon/5K Challenge Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/26-11/1/26	2	2	off	2	off	4	off	10
2	11/2-11/8/26	2	3	off	2	off	4	off	11
3	11/9-11/15/26	2	3	2	off	2	4	off	13
4	11/16-11/22/26	2	2	3	off	2	6	off	15
5	11/23-11/29/26	2	2	3	off	2	6	off	15
6	11/30-12/6/26	3	3	3	off	2	6	off	17
7	12/7-12/13/26	3	2	3	2	off	8	off	18
8	12/14-12/20/26	2	4	3	off	2	8	off	19
9	12/21-12/27/26	3	4	3	off	3	4	off	17
10	12/28/26-1/3/27	2	3	4	off	3	8	off	20
11	1/4-1/10/27	3	3	3	off	3	8	off	20
12	1/11-1/17/27	3	2	3	off	3	10	off	21
13	1/18-1/24/27	3	4	3	off	3	6	off	19
14	1/25-1/31/27	3	3	3	off	3	10	off	22
15	2/1-2/7/27	3	4	3	off	4	6	off	20
16	2/8-2/14/27	3	3	3	off	3	12	off	24
17	2/15-2/21/27	3	off	3	off	3	8	off	17
18	2/22-2/28/27	2	off	3	off	2	6	off	13
19	3/1-3/7/27	2	2	off	2	off	3.1	13.1	22.2
post race	3/8-3/14/27	off	1	off	1	off	2	off	4
post race	3/15-3/21/27	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/22-3/28/27	off	1.5	2	off	1.5	off	4	9
								Total	353.7

10K Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	12/14-12/20/26	2	1	off	2	off	2	off	7
2	12/21-12/27/26	2	2	off	2	off	2	off	8
3	12/28/26-1/3/27	2	2	off	2	off	3	off	9
4	1/4-1/10/27	2	2	2	1	off	3	off	10
5	1/11-1/17/27	2	3	2	2	off	3	off	12
6	1/18-1/24/27	3	2	3	2	off	4	off	14
7	1/25-1/31/27	3	2	off	3	off	4	off	12
8	2/1-2/7/27	3	3	2	3	off	4	off	15
9	2/8-2/14/27	3	3	off	3	off	6	off	15
10	2/15-2/21/27	3	3	2	3	off	6	off	17
11	2/22-2/28/27	2	2	3	2	off	4	off	13
12	3/1-3/7/27	2	3	off	2	off	6.2	off	13.2
post race	3/8-3/14/27	off	off	2	2	off	2	off	6
post race	3/15-3/21/27	2	off	2	2	off	2	off	8
post race	3/22-3/28/27	3	2	off	2	off	2	off	9
								Total	168.2

Off the Couch to 5K Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/26-11/1/26	0.25	0.25	off	0.5	off	0.5	off	1.5
2	11/2-11/8/26	0.5	0.25	off	0.5	off	0.5	off	1.75
3	11/9-11/15/26	0.5	0.5	off	0.5	off	1	off	2.5
4	11/16-11/22/26	0.5	1	0.5	0.5	off	1	off	3.5
5	11/23-11/29/26	1	1	off	1	off	1	off	4
6	11/30-12/6/26	1	1	off	1.5	off	1	off	4.5
7	12/7-12/13/26	1	1.5	off	1	off	1.5	off	5
8	12/14-12/20/26	1	1.5	off	1.5	off	1.5	off	5.5
9	12/21-12/27/26	1	1.5	off	1.5	off	2	off	6
10	12/28/26-1/3/27	1	2	off	2	off	2	off	7
11	1/4-1/10/27	1.5	2	off	2	off	2	off	7.5
12	1/11-1/17/27	2	2	off	2	off	2	off	8
13	1/18-1/24/27	2	2.5	off	2	off	2.5	off	9
14	1/25-1/31/27	2	2.5	off	2.5	off	2.5	off	9.5
15	2/1-2/7/27	2	2.5	off	2.5	off	3	off	10
16	2/8-2/14/27	2	2.5	off	2.5	off	3	off	10
17	2/15-2/21/27	2	3	off	2.5	off	4	off	11.5
18	2/22-2/28/27	2	3	off	2	off	3	off	10
19	3/1-3/7/27	1	1	off	1	off	3.1	off	6.1
								Total	89.6

8 Weeks to 5K Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	1/11-1/17/27	1	1	1	1	off	1.5	off	5.5
2	1/18-1/24/27	1	1.5	off	1.5	off	2	off	6
3	1/25-1/31/27	1.5	1.5	off	2	off	2	off	7
4	2/1-2/7/27	2	2	off	2.5	off	2	off	8.5
5	2/8-2/14/27	2	2	off	2	off	3	off	9
6	2/15-2/21/27	2	2	off	2	off	4	off	10
7	2/22-2/28/27	2	3	off	2	off	3	off	10
8	3/1-3/7/27	1	1	off	1	off	3.1	off	6.1
								Total	89.6