

OFFICIAL LITTLE ROCK MARATHON TRAINING PROGRAM



LITTLE ROCK 5K



5K - 8 Week Schedule (written in miles)

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

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