

OFFICIAL LITTLE ROCK MARATHON TRAINING PROGRAM

presented by



Half Marathon/10K Combo Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/26-11/1/20	3	3	off	2	off	4	off	12
2	11/2-11/8/20	3	3	off	3	off	4	off	13
3	11/9-11/15/20	3	2	3	off	3	4	off	15
4	11/16-11/22/20	2	3	2	off	3	6	off	16
5	11/23-11/29/20	3	2	3	off	2	6	off	16
6	11/30-12/6/20	3	2	3	off	3	6	off	17
7	12/7-12/13/20	2	3	2	3	off	8	off	18
8	12/14-12/20/20	2	3	2	off	4	8	off	19
9	12/21-12/27/20	3	3	3	off	4	4	off	17
10	12/28/20-1/3/21	3	3	3	off	4	8	off	21
11	1/4-1/10/21	3	2	3	off	6	8	off	22
12	1/11-1/17/21	3	3	2	off	3	10	off	21
13	1/18-1/24/21	3	4	3	off	4	8	off	22
14	1/25-1/31/21	3	2	3	off	6	10	off	24
15	2/1-2/7/21	3	4	3	off	4	8	off	22
16	2/8-2/14/21	3	off	4	off	6	12	off	25
17	2/15-2/21/21	3	off	3	off	3	8	off	17
18	2/22-2/28/21	3	off	3	off	2	6	off	14
19	3/1-3/7/21	2	2	off	2	off	6.2	13.1	25.3
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	376.8

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