

CREEP 'N CRAWL

HALF MARATHON ~ 5K ~ LIL' MONSTER'S DASH ~ GHOST RACE

HALF MARATHON - Build Up Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	4/26-5/2/21	1	1.5	off	1.5	off	1	off	5
2	5/3-5/9/21	1	1.5	off	1.5	off	2	off	6
3	5/10-5/16/21	1	1.5	off	1.5	off	2	off	6
4	5/17-5/23/21	1.5	2	off	1.5	off	2	off	7
5	5/24-5/30/21	2	1	off	2	off	3	off	8
6	5/31-6/6/21	2	2	off	2	off	2	off	8
7	6/7-6/13/21	2	2	off	2	off	3	off	9
								Total	49.0

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	4/26-5/2/21								
2	5/3-5/9/21								
3	5/10-5/16/21								
4	5/17-5/23/21								
5	5/24-5/30/21								
6	5/31-6/6/21								
7	6/7-6/13/21								
								Total	

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

