

# OFFICIAL LITTLE ROCK MARATHON TRAINING PROGRAM

presented by



## 10K Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	12/14-12/20/20	2	1	off	2	off	3	off	8
2	12/21-12/27/20	2	1	off	2	off	3	off	8
3	12/28/20-1/3/21	2	2	off	2	off	3	off	9
4	1/4-1/10/21	2	2	2	1	off	3	off	10
5	1/11-1/17/21	2	2	off	2	off	4	off	10
6	1/18-1/24/21	3	2	off	2	off	4	off	11
7	1/25-1/31/21	3	2	off	2	off	4	off	11
8	2/1-2/7/21	3	2	off	3	off	4	off	12
9	2/8-2/14/21	3	2	off	3	off	6	off	14
10	2/15-2/21/21	3	2	3	2	off	6	off	16
11	2/22-2/28/21	2	2	3	2	off	4	off	13
12	3/1-3/7/21	2	3	off	2	off	6.2	off	13.2
post race	3/8-3/14/21	off	off	2	2	off	2	off	6
post race	3/15-3/21/21	2	off	2	2	off	2	off	8
post race	3/22-3/28/21	3	2	off	2	off	2	off	9
								TOTAL	158.2

OFFICIAL  
TRAINING PARTNER



PROJECT OF AND  
BENEFITING  
LITTLE ROCK  
Parks & Recreation



### 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](http://WWW.LITTLEROCKMARATHON.COM)