

OFFICIAL LITTLE ROCK MARATHON TRAINING PROGRAM



Little Rock Marathon



Marathon - Build Up Schedule (written in miles)

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

OFFICIAL
TRAINING PARTNER



ENDURANCE

PROJECT OF AND
BENEFITING



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.LITTLE ROCK MARATHON.COM