

Cowtown 5K Training Schedule

Saturday — February 25, 2017



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Jan. 1, 2017	5	1	1	1	2	
Jan. 8, 2017	5	1	1	1	2	
Jan. 15, 2017	7.5	1.5	1.5	1.5	3	
Jan. 22, 2017	7.5	1.5	1.5	1.5	3	
Jan. 29, 2017	9.5	1.5	2	2	4	
Feb. 5, 2017	10	2	2	2	4	
Feb. 12, 2017	10	2	2	2	4	
Feb. 19, 2017	10	2	2	2	3.1 (Race Day)	

ALL WORKOUTS ARE IN MILES
 ALWAYS CONSULT A PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM
 THE COWTOWN MARATHON ASSUMES NO LIABILITY FOR THESE SCHEDULES. THEY ARE ONLY GUIDELINES