

# Cowtown 10K Training Schedule

Saturday — February 25, 2017



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 30, 2016	5	1	1	1	2	
Nov. 6, 2016	5	1	1	1	2	
Nov. 13, 2016	7.5	1.5	1.5	1.5	3	
Nov. 20, 2016	7.5	1.5	1.5	1.5	3	
Nov. 27, 2016	9.5	1.5	2	2	4	
Dec. 4, 2016	10	2	2	2	4	
Dec. 11, 2016	10	2	2	2	4	
Dec. 18, 2016	10	2	2	2	4	
Dec. 25, 2016	10	2	2	2	4	
Jan. 1, 2017	13	3	3	3	4	
Jan. 8, 2017	13	3	3	3	4	
Jan. 15, 2017	13	3	3	3	4	
Jan. 22, 2017	14	3	3	3	5	
Jan. 29, 2017	14	3	3	3	5	
Feb. 5, 2017	14	3	3	3	5	
Feb. 12, 2017	14	3	3	3	5	
Feb. 19, 2017	15.2	3	3	3	6.2 (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