

Cowtown Half Marathon Training Schedule

Sunday— February 26, 2017



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 2, 2016	7		2	2	3	
Oct. 9, 2016	7		2	2	3	
Oct. 16, 2016	9		2	3	4	
Oct. 23, 2016	10	2	2	2	4	
Oct. 30, 2016	12	2	2	2	6	
Nov. 6, 2016	13	2	3	2	6	
Nov. 13, 2016	12	2	3	2	5	
Nov. 20, 2016	15	2	3	3	7	
Nov. 27, 2016	19	3	5	3	8	
Dec. 4, 2016	21	4	6	3	8	
Dec. 11, 2016	23.5	4	6	4	9.5	
Dec. 18, 2016	23	4	6	4	9	
Dec. 25, 2016	22	4	6	4	8	
Jan. 1 2017	23	4	6	4	9	
Jan. 8, 2017	23	4	6	4	9	
Jan. 15, 2017	24	4	6	4	10	
Jan. 22, 2017	26	4	6	6	10	
Jan. 29, 2017	26	4	6	6	10	
Feb. 5, 2017	28	4	6	6	12	
Feb. 12, 2017	24	4	6	6	8	
Feb. 19, 2017	29.1	4	6	6	13.1 (Race Day-Sunday)	

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