

# Cowtown Marathon Training Schedule

Sunday—February 26, 2017



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 2, 2016	9	2	2	2	3	
Oct. 9, 2016	10	2	2	2	4	
Oct. 16, 2016	13	3	2	3	5	
Oct. 23, 2016	14	3	2	3	6	
Oct. 30, 2016	16	3	3	3	7	
Nov. 6, 2016	17	3	3	3	8	
Nov. 13, 2016	19	3	4	3	9	
Nov. 20, 2016	22	4	4	4	10	
Nov. 27, 2016	23	4	4	4	11	
Dec. 4, 2016	26	4	6	4	12	
Dec. 11, 2016	28	4	6	4	13	
Dec. 18, 2016	29	4	6	5	14	
Dec. 25, 2016	31	4	6	5	16	
Jan. 1, 2017	33	4	6	6	17	
Jan. 8, 2017	34	4	6	6	18	
Jan. 15, 2017	35	4	6	6	19	
Jan. 22, 2017	29	4	6	6	13	
Jan. 29, 2017	36	4	6	6	20	
Feb. 5, 2017	28	4	6	6	12	
Feb. 12, 2017	22	4	6	6	6	
Feb. 19, 2017	38.2	4	4	4	26.2 (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