

Cowtown Ultra Marathon Training Schedule

Sunday — February 28, 2017



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES:
Oct. 2, 2016	32	6	6	8		12	
Oct. 9, 2016	32	6	6		8	12	
Oct. 16, 2016	29	3	6	8		12	
Oct. 23, 2016	31	6	6	6		13	
Oct. 30, 2016	32	6	6		8	12	
Nov. 6, 2016	27	3	6	8		10	
Nov. 13, 2016	30	6	6	8		10	
Nov. 20, 2015	32	6	6		8	12	
Nov. 27, 2015	27	3	6	8		10	
Dec. 4, 2015	37	6	6	8		17	
Dec. 11, 2015	33	6	6	8		13	
Dec. 18, 2015	45	3	6	8	8	20	
Dec. 25, 2015	33	6	6	8		13	
Jan. 1, 2016	36	6	6	8		16	
Jan. 8, 2016	40	6	6		8	20	
Jan. 15, 2016	29	3	6	10		10	
Jan. 22, 2017	34	6	6	10		12	
Jan. 29, 2017	40	6	6		8	20	
Feb. 5, 2017	29	3	6	10		10	
Feb. 12, 2017	30	6	6	8		10	
Feb. 19, 2017	49	6	6	6		31.1 (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