

# Cowtown 10K Training Schedule

Saturday — February 23, 2019



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 28, 2018	5	1	1	1	2	
Nov. 4, 2018	5	1	1	1	2	
Nov. 11, 2018	7.5	1.5	1.5	1.5	3	
Nov. 18, 2018	7.5	1.5	1.5	1.5	3	
Nov. 25, 2018	9.5	1.5	2	2	4	
Dec. 2, 2018	10	2	2	2	4	
Dec. 9, 2018	10	2	2	2	4	
Dec. 16, 2018	10	2	2	2	4	
Dec. 23, 2018	10	2	2	2	4	
Dec. 30, 2018	13	3	3	3	4	
Jan. 6, 2019	13	3	3	3	4	
Jan. 13, 2019	13	3	3	3	4	
Jan. 20, 2019	14	3	3	3	5	
Jan. 27, 2019	14	3	3	3	5	
Feb. 3, 2019	14	3	3	3	5	
Feb. 10, 2019	14	3	3	3	5	
Feb. 17, 2019	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 ASSUMES NO LIABILITY FOR THESE SCHEDULES. THEY ARE ONLY GUIDELINES.