

Cowtown Half Marathon Training Schedule

Sunday— February 24, 2019



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Sept. 30, 2018	7		2	2	3	
Oct. 7, 2018	7		2	2	3	
Oct. 14, 2018	9		2	3	4	
Oct. 21, 2018	10	2	2	2	4	
Oct. 28, 2018	12	2	2	2	6	
Nov. 4, 2018	13	2	3	2	6	
Nov. 11, 2018	12	2	3	2	5	
Nov. 18, 2018	15	2	3	3	7	
Nov. 25, 2018	19	3	5	3	8	
Dec. 2, 2018	21	4	6	3	8	
Dec. 9, 2018	23.5	4	6	4	9.5	
Dec. 16, 2018	23	4	6	4	9	
Dec. 23, 2018	22	4	6	4	8	
Dec. 30, 2018	23	4	6	4	9	
Jan. 6, 2019	23	4	6	4	9	
Jan. 13, 2019	24	4	6	4	10	
Jan. 20, 2019	26	4	6	6	10	
Jan. 27, 2019	26	4	6	6	10	
Feb. 3, 2019	28	4	6	6	12	
Feb. 10, 2019	24	4	6	6	8	
Feb. 17, 2019	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 ASSUMES NO LIABILITY FOR THESE SCHEDULES. THEY ARE ONLY GUIDELINES.