

Cowtown Marathon Training Schedule

Sunday—February 24, 2019



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Sept. 30, 2018	9	2	2	2	3	
Oct. 7, 2018	10	2	2	2	4	
Oct. 14, 2018	13	3	2	3	5	
Oct. 21, 2018	14	3	2	3	6	
Oct. 28, 2018	16	3	3	3	7	
Nov. 4, 2018	17	3	3	3	8	
Nov. 11, 2018	19	3	4	3	9	
Nov. 18, 2018	22	4	4	4	10	
Nov. 25, 2018	23	4	4	4	11	
Dec. 2, 2018	26	4	6	4	12	
Dec. 9, 2018	28	4	6	4	13	
Dec. 16, 2018	29	4	6	5	14	
Dec. 23, 2018	31	4	6	5	16	
Dec. 30, 2018	33	4	6	6	17	
Jan. 6, 2019	34	4	6	6	18	
Jan. 13, 2019	35	4	6	6	19	
Jan. 20, 2019	29	4	6	6	13	
Jan. 27, 2019	36	4	6	6	20	
Feb. 3, 2019	28	4	6	6	12	
Feb. 10, 2019	22	4	6	6	6	
Feb. 17, 2019	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 ASSUMES NO LIABILITY FOR THESE SCHEDULES. THEY ARE ONLY GUIDELINES.