

# Cowtown Ultra Marathon Training Schedule

Sunday — February 24, 2019



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES:
Sept. 30, 2018	32	6	6	8		12	
Oct. 7, 2018	32	6	6		8	12	
Oct. 14, 2018	29	3	6	8		12	
Oct. 21, 2018	31	6	6	6		13	
Oct. 28, 2018	32	6	6		8	12	
Nov. 4, 2018	27	3	6	8		10	
Nov. 11, 2018	30	6	6	8		10	
Nov. 18, 2018	32	6	6		8	12	
Nov. 25, 2018	27	3	6	8		10	
Dec. 2, 2018	37	6	6	8		17	
Dec. 9, 2018	33	6	6	8		13	
Dec. 16, 2018	45	3	6	8	8	20	
Dec. 23, 2018	33	6	6	8		13	
Dec. 30, 2018	36	6	6	8		16	
Jan. 6, 2019	40	6	6		8	20	
Jan. 13, 2019	29	3	6	10		10	
Jan. 20, 2019	34	6	6	10		12	
Jan. 27, 2019	40	6	6		8	20	
Feb. 3, 2019	29	3	6	10		10	
Feb. 10, 2019	30	6	6	8		10	
Feb. 17, 2019	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 ASSUMES NO LIABILITY FOR THESE SCHEDULES. THEY ARE ONLY GUIDELINES.