

Cowtown 10K Training Schedule

Saturday—February 29th, 2020



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Nov. 3, 2019	5	1	1	1	2	
Nov. 10, 2019	5	1	1	1	2	
Nov. 17, 2019	7.5	1.5	1.5	1.5	3	
Nov. 24, 2019	7.5	1.5	1.5	1.5	3	
Dec. 1, 2019	9.5	1.5	2	2	4	
Dec. 8, 2019	10	2	2	2	4	
Dec. 15, 2019	10	2	2	2	4	
Dec. 22, 2019	10	2	2	2	4	
Dec. 29, 2019	10	2	2	2	4	
Jan. 5, 2020	13	3	3	3	4	
Jan. 12, 2020	13	3	3	3	4	
Jan. 19, 2020	13	3	3	3	4	
Jan. 26, 2020	14	3	3	3	5	
Feb. 2, 2020	14	3	3	3	5	
Feb. 9, 2020	14	3	3	3	5	
Feb. 16, 2020	14	3	3	3	5	
Feb. 23, 2020	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.