

Cowtown Half Marathon Training Schedule

Sunday—March 1st, 2020



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 6, 2019	7		2	2	3	
Oct. 13, 2019	7		2	2	3	
Oct. 20, 2019	9		2	3	4	
Oct. 27, 2019	10	2	2	2	4	
Nov. 3, 2019	12	2	2	2	6	
Nov. 10, 2018	13	2	3	2	6	
Nov. 17, 2019	12	2	3	2	5	
Nov. 24, 2019	15	2	3	3	7	
Dec. 1, 2019	19	3	5	3	8	
Dec. 8, 2019	21	4	6	3	8	
Dec. 15, 2019	23.5	4	6	4	9.5	
Dec. 22, 2019	23	4	6	4	9	
Dec. 29, 2019	22	4	6	4	8	
Jan. 5, 2020	23	4	6	4	9	
Jan. 12, 2020	23	4	6	4	9	
Jan. 19, 2020	24	4	6	4	10	
Jan. 26, 2020	26	4	6	6	10	
Feb. 2, 2020	26	4	6	6	10	
Feb. 9, 2020	28	4	6	6	12	
Feb. 16, 2020	24	4	6	6	8	
Feb. 23, 2020	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.