

Cowtown Marathon Training Schedule

Sunday—March 1st, 2020



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 6, 2019	9	2	2	2	3	
Oct. 13, 2019	10	2	2	2	4	
Oct. 20, 2019	13	3	2	3	5	
Oct. 27, 2019	14	3	2	3	6	
Nov. 3, 2019	16	3	3	3	7	
Nov. 10, 2018	17	3	3	3	8	
Nov. 17, 2019	19	3	4	3	9	
Nov. 24, 2019	22	4	4	4	10	
Dec. 1, 2019	23	4	4	4	11	
Dec. 8, 2019	26	4	6	4	12	
Dec. 15, 2019	28	4	6	4	13	
Dec. 22, 2019	29	4	6	5	14	
Dec. 29, 2019	31	4	6	5	16	
Jan. 5, 2020	33	4	6	6	17	
Jan. 12, 2020	34	4	6	6	18	
Jan. 19, 2020	35	4	6	6	19	
Jan. 26, 2020	29	4	6	6	13	
Feb. 2, 2020	36	4	6	6	20	
Feb. 9, 2020	28	4	6	6	12	
Feb. 16, 2020	22	4	6	6	6	
Feb. 23, 2020	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.