

# Cowtown Ultra Marathon Training Schedule

Sunday—March 1st, 2020



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES:
Oct. 6, 2019	32	6	6	8		12	
Oct. 13, 2019	32	6	6		8	12	
Oct. 20, 2019	29	3	6	8		12	
Oct. 27, 2019	31	6	6	6		13	
Nov. 3, 2019	32	6	6		8	12	
Nov. 10, 2018	27	3	6	8		10	
Nov. 17, 2019	30	6	6	8		10	
Nov. 24, 2019	32	6	6		8	12	
Dec. 1, 2019	27	3	6	8		10	
Dec. 8, 2019	37	6	6	8		17	
Dec. 15, 2019	33	6	6	8		13	
Dec. 22, 2019	45	3	6	8	8	20	
Dec. 29, 2019	33	6	6	8		13	
Jan. 5, 2020	36	6	6	8		16	
Jan. 12, 2020	40	6	6		8	20	
Jan. 19, 2020	29	3	6	10		10	
Jan. 26, 2020	34	6	6	10		12	
Feb. 2, 2020	40	6	6		8	20	
Feb. 9, 2020	29	3	6	10		10	
Feb. 16, 2020	30	6	6	8		10	
Feb. 23, 2020	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.