

Cowtown 10K Training Schedule

Saturday—February 26th, 2022



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Nov. 1, 2021	5	1	1	1	2	
Nov. 8, 2021	5	1	1	1	2	
Nov. 15, 2021	7.5	1.5	1.5	1.5	3	
Nov. 22, 2021	7.5	1.5	1.5	1.5	3	
Nov. 29, 2021	9.5	1.5	2	2	4	
Dec. 6, 2021	10	2	2	2	4	
Dec. 13, 2021	10	2	2	2	4	
Dec. 20, 2021	10	2	2	2	4	
Dec. 27, 2021	10	2	2	2	4	
Jan. 3, 2022	13	3	3	3	4	
Jan. 10, 2022	13	3	3	3	4	
Jan. 17, 2022	13	3	3	3	4	
Jan. 24, 2022	14	3	3	3	5	
Feb. 1, 2022	14	3	3	3	5	
Feb. 7, 2022	14	3	3	3	5	
Feb. 14, 2022	14	3	3	3	5	
Feb. 21, 2022	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.