

# Cowtown Marathon Training Schedule

Sunday—February 27th, 2022



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 4, 2021	9	2	2	2	3	
Oct. 11, 2021	10	2	2	2	4	
Oct. 18, 2021	13	3	2	3	5	
Oct. 25, 2021	14	3	2	3	6	
Nov. 1, 2021	16	3	3	3	7	
Nov. 8, 2021	17	3	3	3	8	
Nov. 15, 2021	19	3	4	3	9	
Nov. 22, 2021	22	4	4	4	10	
Nov. 29, 2021	23	4	4	4	11	
Dec. 6, 2021	26	4	6	4	12	
Dec. 13, 2021	28	4	6	4	13	
Dec. 20, 2021	29	4	6	5	14	
Dec. 27, 2021	31	4	6	5	16	
Jan. 3, 2022	33	4	6	6	17	
Jan. 10, 2022	34	4	6	6	18	
Jan. 17, 2022	35	4	6	6	19	
Jan. 24, 2022	29	4	6	6	13	
Feb. 1, 2022	36	4	6	6	20	
Feb. 7, 2022	28	4	6	6	12	
Feb. 14, 2022	22	4	6	6	6	
Feb. 21, 2022	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.