

Cowtown Half Marathon Training Schedule

Sunday—February 27th, 2022



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 4, 2021	7		2	2	3	
Oct. 11, 2021	7		2	2	3	
Oct. 18, 2021	9		2	3	4	
Oct. 25, 2021	10	2	2	2	4	
Nov. 1, 2021	12	2	2	2	6	
Nov. 8, 2021	13	2	3	2	6	
Nov. 15, 2021	12	2	3	2	5	
Nov. 22, 2021	15	2	3	3	7	
Nov. 29, 2021	19	3	5	3	8	
Dec. 6, 2021	21	4	6	3	8	
Dec. 13, 2021	23.5	4	6	4	9.5	
Dec. 20, 2021	23	4	6	4	9	
Dec. 27, 2021	22	4	6	4	8	
Jan. 3, 2022	23	4	6	4	9	
Jan. 10, 2022	23	4	6	4	9	
Jan. 17, 2022	24	4	6	4	10	
Jan. 24, 2022	26	4	6	6	10	
Feb. 1, 2022	26	4	6	6	10	
Feb. 7, 2022	28	4	6	6	12	
Feb. 14, 2022	24	4	6	6	8	
Feb. 21, 2022	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.