

Cowtown Ultra Marathon Training Schedule

Sunday—February 27th, 2022



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY	NOTES:
Oct. 4, 2021	32	6	6	8		12	
Oct. 11, 2021	32	6	6		8	12	
Oct. 18, 2021	29	3	6	8		12	
Oct. 25, 2021	31	6	6	6		13	
Nov. 1, 2021	32	6	6		8	12	
Nov. 8, 2021	27	3	6	8		10	
Nov. 15, 2021	30	6	6	8		10	
Nov. 22, 2021	32	6	6		8	12	
Nov. 29, 2021	27	3	6	8		10	
Dec. 6, 2021	37	6	6	8		17	
Dec. 13, 2021	33	6	6	8		13	
Dec. 20, 2021	45	3	6	8	8	20	
Dec. 27, 2021	33	6	6	8		13	
Jan. 3, 2022	36	6	6	8		16	
Jan. 10, 2022	40	6	6		8	20	
Jan. 17, 2022	29	3	6	10		10	
Jan. 24, 2022	34	6	6	10		12	
Feb. 1, 2022	40	6	6		8	20	
Feb. 7, 2022	29	3	6	10		10	
Feb. 14, 2022	30	6	6	8		10	
Feb. 21, 2022	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.