LITTLE ROCK MARATHON 2022 ★IN TRAINING★

presented by

BILL TORREY'S ROCK CITY RUNNING — YOUR LOCAL RUNNING/WALKING EXPERTS

KARK 4 NEWS

Little Rock Half Marathon

presented by Baptist Health

Half Marathon/10K Combo Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/25-10/31/21	2	2	off	2	off	4	off	10
2	11/1-11/7/21	2	3	off	2	off	4	off	11
3	11/8-11/14/21	2	3	2	off	2	4	off	13
4	11/15-11/21/21	3	2	3	off	2	4	off	14
5	11/22-11/28/21	2	2	3	off	2	6	off	15
6	11/29-12/5/21	3	2	3	off	3	6	off	17
7	12/6-12/12/21	3	2	3	2	off	8	off	18
8	12/13-12/19/21	2	4	2	off	3	8	off	19
9	12/20-12/26/21	3	4	3	off	3	4	off	17
10	12/27/21-1/2/22	3	2	3	off	4	8	off	20
11	1/3-1/9/22	3	2	3	off	4	8	off	20
12	1/10-1/16/22	3	2	3	off	4	10	off	22
13	1/17-1/23/22	3	2	3	off	5	8	off	21
14	1/24-1/30/22	3	2	3	off	6	10	off	24
15	1/31-2/6/22	3	4	3	off	4	6	off	20
16	2/7-2/13/22	3	off	3	off	6	12	off	24
17	2/14-2/20/22	3	off	3	off	3	8	off	17
18	2/21-2/27/22	3	off	3	off	2	6	off	14
19	2/28-3/6/22	2	2	off	2	off	6.2	13.1	25.3
post race	3/7-3/13/22	off	1	off	1	off	2	off	4
post race	3/14-3/20/22	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/21-3/27/22	off	1.5	2	off	1.5	off	4	9
								Total	361.8

OFFICIAL TRAINING PARTNER

Premium REFRESHMENT SERVICE

ENDURANCE

QUESTIONS:

Coach Hobbit Singleton
501-626-8296

Coach Tom Singleton
501-944-3400
single5297@yahoo.com

PROJECT OF AND BENEFITING

LITTLE ROCK Parks & Recreation

please consult with your physician before beginning this or any other fitness program

WWW.LITTLEROCKMARATHON.COM