

2022-2023

Little Rock Marathon Training Program

arkansas' race for every pace

Presented By



Little Rock Marathon

presented by

Arkansas Democrat  Gazette
Arkansas' Best News Source

Marathon Schedule (Written in Miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/19-9/25/22	3	3	off	3	off	6	off	15
2	9/26-10/2/22	3	3	2	3	off	6	off	17
3	10/3-10/9/22	2	3	2	3	off	8	off	18
4	10/10-10/16/22	3	3	2	3	off	8	off	19
5	10/17-10/23/22	3	3	2	3	off	10	off	21
6	10/24-10/30/22	3	4	3	3	off	8	off	21
7	10/31-11/6/22	3	4	2	4	off	10	off	23
8	11/7-11/13/22	3	3	3	3	off	12	off	24
9	11/14-11/20/22	3	4	3	3	off	12	off	25
10	11/21-11/27/22	3	4	3	3	off	8	off	21
11	11/28-12/4/22	3	3	3	3	off	14	off	26
12	12/5-12/11/22	3	5	3	3	off	14	off	28
13	12/12-12/18-22	3	3	3	3	off	16	off	28
14	12/19-12/25/22	4	5	3	4	off	8	off	24
15	12/26/22-1/1/23	4	3	3	4	off	16	off	30
16	1/2-1/8/23	3	6	3	4	off	14	off	30
17	1/9-1/15/23	3	4	3	3	off	18	off	31
18	1/16-1/22/23	3	6	3	3	off	12	off	27
19	1/23-1/29/23	3	6	3	3	off	18	off	33
20	1/30-2/5/23	3	6	3	6	off	12	off	30
21	2/6-2/12/23	4	6	off	3	off	20	off	33
22	2/13-2/19/23	4	3	4	3	off	12	off	26
23	2/20-2/26/23	3	3	off	3	off	6	off	15
24	2/27-3/5/23	off	3	3	off	2	off	26.2	34.2
post race	3/6-3/12/23	off	1	off	1	off	2	off	4
post race	3/13-3/19/23	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/20-3/26/23	off	1.5	2	off	1.5	off	4	9
									619.7

OFFICIAL
TRAINING PARTNER



ENDURANCE

PROJECT OF AND
BENEFITING



Parks & Recreation

QUESTIONS:

Coach Hobbit Singleton
501-626-8296

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

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

WWW.LITTLEROCKMARATHON.COM