

2022-2023

# Little Rock Marathon Training Program

arkansas' race for every pace

Presented By



## Little Rock Half Marathon

presented by



### Half Marathon - Build Up Schedule (Written in Miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/5-9/11/22	1	1.5	off	1.5	off	1	off	5
2	9/12-9/18/22	1	1.5	off	1.5	off	2	off	6
3	9/19-9/25/22	1	1.5	off	1.5	off	2	off	6
4	9/26-10/2/22	1.5	2	off	1.5	off	2	off	7
5	10/3-10/9/22	2	1	off	2	off	3	off	8
6	10/10-10/16/22	2	2	off	2	off	2	off	8
7	10/17-10/23/22	2	2	off	2	off	3	off	9
									49.0
Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/5-9/11/22								
2	9/12-9/18/22								
3	9/19-9/25/22								
4	9/26-10/2/22								
5	10/3-10/9/22								
6	10/10-10/16/22								
7	10/17-10/23/22								

OFFICIAL  
TRAINING PARTNER



PROJECT OF AND  
BENEFITING



### 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](http://WWW.LITTLEROCKMARATHON.COM)