

2022-2023

Little Rock Marathon Training Program

arkansas' race for every pace

Presented By



Little Rock 10K

presented by



10K Schedule (Written in Miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	12/12-12/18-22	2	1	off	2	off	2	off	7
2	12/19-12/25/22	2	2	off	2	off	2	off	8
3	12/26/22-1/1/23	2	2	off	2	off	3	off	9
4	1/2-1/8/23	2	2	2	1	off	3	off	10
5	1/9-1/15/23	2	3	2	2	off	3	off	12
6	1/16-1/22/23	3	2	3	2	off	4	off	14
7	1/23-1/29/23	3	2	off	3	off	4	off	12
8	1/30-2/5/23	3	3	2	3	off	4	off	15
9	2/6-2/12/23	3	3	off	3	off	6	off	15
10	2/13-2/19/23	3	3	2	3	off	6	off	17
11	2/20-2/26/23	2	2	3	2	off	4	off	13
12	2/27-3/5/23	2	3	off	2	off	6.2	off	13.2
post race	3/6-3/12/23	off	off	2	2	off	2	off	6
post race	3/13-3/19/23	2	off	2	2	off	2	off	8
post race	3/20-3/26/23	3	2	off	2	off	2	off	9
									168.2

OFFICIAL
TRAINING PARTNER



PROJECT OF AND
BENEFITING
LITTLE ROCK
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