

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 - Build Up Schedule (Written in Miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/8-8/14/22	1.5	2	1.5	2	off	3	off	10
2	8/15-8/21/22	1.5	2	2	2	off	3	off	10.5
3	8/22-8/28/22	2	2	off	3	off	4	off	11
4	8/29-9/4/22	2	3	off	3	off	4	off	12
5	9/5-9/11/22	2	3	off	3	off	5	off	13
6	9/12-9/18/22	3	3	off	3	off	5	off	14
									70.5
Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/8-8/14/22								
2	8/15-8/21/22								
3	8/22-8/28/22								
4	8/29-9/4/22								
5	9/5-9/11/22								
6	9/12-9/18/22								

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