

2022-2023

Little Rock Marathon Training Program

arkansas' race for every pace



Little Rock Marathon

presented by
Arkansas Democrat  Gazette
Arkansas' Best News Source

Marathon/5K Combo 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	3	off	2	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	3	off	2	8	off	19
5	10/17-10/23/22	3	3	3	off	2	10	off	21
6	10/24-10/30/22	3	4	3	3	off	8	off	21
7	10/31-11/6/22	4	2	4	off	3	10	off	23
8	11/7-11/13/22	3	3	3	off	3	12	off	24
9	11/14-11/20/22	3	4	3	off	3	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	off	3	14	off	26
12	12/5-12/11/22	3	5	3	off	3	14	off	28
13	12/12-12/18-22	3	3	3	3	off	16	off	28
14	12/19-12/25/22	4	3	5	off	4	8	off	24
15	12/26/22-1/1/23	4	3	4	off	3	16	off	30
16	1/2-1/8/23	3	6	3	off	4	14	off	30
17	1/9-1/15/23	3	4	3	off	3	18	off	31
18	1/16-1/22/23	3	6	3	off	3	12	off	27
19	1/23-1/29/23	3	6	3	off	3	18	off	33
20	1/30-2/5/23	3	6	3	6	off	12	off	30
21	2/6-2/12/23	4	off	6	off	3	20	off	33
22	2/13-2/19/23	4	3	4	off	3	12	off	26
23	2/20-2/26/23	3	off	3	off	3	6	off	15
24	2/27-3/5/23	off	3	off	2	off	3.1	26.2	34.3
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
									619.8

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