

2022-2023

Little Rock Marathon Training Program

arkansas' race for every pace

Presented By



LITTLE ROCK 5K

presented by



OFFICIAL
TRAINING PARTNER



ENDURANCE

PROJECT OF AND
BENEFITING



5K Schedule (Written in Miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	1/9-1/15/23	1	1	off	1	off	1	off	4
2	1/16-1/22/23	1	1	off	1	off	2	off	5
3	1/23-1/29/23	1	2	off	1	off	2	off	6
4	1/30-2/5/23	1	2	off	2	off	2	off	7
5	2/6-2/12/23	2	2	off	2	off	3	off	9
6	2/13-2/19/23	2	2	off	2	off	4	off	10
7	2/20-2/26/23	2	2	off	1	off	2	off	7
8	2/27-3/5/23	1	1	off	1	off	3.1	off	6.1
									89.6

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