

SCHEDULES

2024

LITTLE ROCK TRAINING MARATHON

HALF ~ 10K ~ 5K

presented by



QUESTIONS:

Coach Hobbit Singleton 501-626-8296
hobbit_s@sbcglobal.net

Coach Tom Singleton 501-944-3400
single5297@yahoo.com

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Little Rock Marathon

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Marathon Build Up Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/7-8/13/23	1.5	2	1.5	2	off	3	off	10
2	8/14-8/20/23	1.5	2	2	2	off	3	off	10.5
3	8/21-8/27/23	2	2	off	3	off	4	off	11
4	8/28-9/3/23	2	3	off	3	off	4	off	12
5	9/4-9/10/23	2	3	off	3	off	5	off	13
6	9/11-9/17/23	3	3	off	3	off	5	off	14
Total									70.5

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/7-8/13/23								
2	8/14-8/20/23								
3	8/21-8/27/23								
4	8/28-9/3/23								
5	9/4-9/10/23								
6	9/11-9/17/23								
Total									

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Little Rock Marathon

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Marathon Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/18-9/24/23	3	3	off	3	off	6	off	15
2	9/25-10/1/23	3	3	2	3	off	6	off	17
3	10/2-10/8/23	2	3	2	3	off	8	off	18
4	10/9-10/15/23	3	3	2	3	off	8	off	19
5	10/16-10/22/23	3	3	2	3	off	10	off	21
6	10/23-10/29/23	3	4	3	3	off	8	off	21
7	10/30-11/5/23	3	4	2	4	off	10	off	23
8	11/6-11/12/23	3	3	3	3	off	12	off	24
9	11/13-11/19/23	3	4	3	4	off	12	off	26
10	11/20-11/26/23	3	4	3	3	off	8	off	21
11	11/27-12/3/23	3	3	3	3	off	14	off	26
12	12/4-12/10/23	3	5	3	3	off	14	off	28
13	12/11-12/17/23	3	3	3	3	off	16	off	28
14	12/18-12/24/23	4	5	3	4	off	8	off	24
15	12/25-12/31/23	2	3	4	4	off	16	off	29
16	1/1-1/7/24	3	6	3	4	off	14	off	30
17	1/8-1/14/24	3	4	3	3	off	18	off	31
18	1/15-1/21/24	3	6	3	3	off	10	off	25
19	1/22-1/28/24	3	6	3	3	off	18	off	33
20	1/29-2/4/24	3	6	3	6	off	12	off	30
21	2/5-2/11/24	4	6	off	3	off	20	off	33
22	2/12-2/18/24	4	3	4	3	off	12	off	26
23	2/19-2/25/24	3	3	off	3	off	6	off	15
24	2/26-3/3/24	off	3	3	off	2	off	26.2	34.2
post race	3/4-3/10/24	off	1	off	1	off	2	off	4
post race	3/11-3/17/24	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/18-3/24/24	off	1.5	2	off	1.5	off	4	9
Total									617.7

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Little Rock Marathon/10K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/18-9/24/23	3	3	off	3	off	6	off	15
2	9/25-10/1/23	3	3	2	off	3	6	off	17
3	10/2-10/8/23	2	3	2	3	off	8	off	18
4	10/9-10/15/23	3	3	2	off	3	8	off	19
5	10/16-10/22/23	3	3	2	off	3	10	off	21
6	10/23-10/29/23	3	4	3	3	off	8	off	21
7	10/30-11/5/23	3	4	2	off	4	10	off	23
8	11/6-11/12/23	3	3	3	off	3	12	off	24
9	11/13-11/19/23	3	3	4	off	4	12	off	26
10	11/20-11/26/23	3	4	3	3	off	8	off	21
11	11/27-12/3/23	3	4	3	off	3	14	off	27
12	12/4-12/10/23	3	5	3	off	4	14	off	29
13	12/11-12/17/23	3	3	3	3	off	16	off	28
14	12/18-12/24/23	4	5	3	off	4	8	off	24
15	12/25-12/31/23	2	3	4	off	4	16	off	29
16	1/1-1/7/24	3	4	3	off	5	14	off	29
17	1/8-1/14/24	3	3	3	off	4	18	off	31
18	1/15-1/21/24	3	3	3	off	6	10	off	25
19	1/22-1/28/24	3	3	3	off	6	18	off	33
20	1/29-2/4/24	3	6	3	6	off	12	off	30
21	2/5-2/11/24	4	off	3	off	6	20	off	33
22	2/12-2/18/24	4	3	3	off	4	12	off	26
23	2/19-2/25/24	3	off	3	off	3	6	off	15
24	2/26-3/3/24	off	2	off	2	off	6.2	26.2	36.4
post race	3/4-3/10/24	off	1	off	1	off	2	off	4
post race	3/11-3/17/24	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/18-3/24/24	off	1.5	2	off	1.5	off	4	9
Total									620.9

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Little Rock Marathon/5K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/18-9/24/23	3	3	off	3	off	6	off	15
2	9/25-10/1/23	3	3	3	off	2	6	off	17
3	10/2-10/8/23	2	3	2	3	off	8	off	18
4	10/9-10/15/23	3	3	3	off	2	8	off	19
5	10/16-10/22/23	3	3	3	off	2	10	off	21
6	10/23-10/29/23	3	4	3	3	off	8	off	21
7	10/30-11/5/23	4	2	4	off	3	10	off	23
8	11/6-11/12/23	3	3	3	off	3	12	off	24
9	11/13-11/19/23	3	4	4	off	3	12	off	26
10	11/20-11/26/23	3	4	3	3	off	8	off	21
11	11/27-12/3/23	3	4	3	off	3	14	off	27
12	12/4-12/10/23	3	5	3	off	3	14	off	28
13	12/11-12/17/23	3	3	3	3	off	16	off	28
14	12/18-12/24/23	4	3	5	off	4	8	off	24
15	12/25-12/31/23	2	4	4	off	3	16	off	29
16	1/1-1/7/24	3	6	3	off	4	14	off	30
17	1/8-1/14/24	3	4	3	off	3	18	off	31
18	1/15-1/21/24	3	6	3	off	4	10	off	26
19	1/22-1/28/24	3	6	3	off	3	18	off	33
20	1/29-2/4/24	3	6	3	6	off	12	off	30
21	2/5-2/11/24	4	off	6	off	3	20	off	33
22	2/12-2/18/24	4	3	4	off	3	12	off	26
23	2/19-2/25/24	3	off	3	off	3	6	off	15
24	2/26-3/3/24	off	3	off	2	off	3.1	26.2	34.3
post race	3/4-3/10/24	off	1	off	1	off	2	off	4
post race	3/11-3/17/24	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/18-3/24/24	off	1.5	2	off	1.5	off	4	9
Total									619.8

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Little Rock Half Marathon

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Half Marathon Build Up Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/4-9/10/23	1	1	off	1	off	1	off	4
2	9/11-9/17/23	1	1.5	off	1.5	off	1	off	5
3	9/18-9/24/23	1	1.5	off	1.5	off	2	off	6
4	9/25-10/1/23	1.5	1.5	off	1.5	off	2	off	6.5
5	10/2-10/8/23	2	1.5	off	2	off	2	off	7.5
6	10/9-10/15/23	2	2	off	2	off	2	off	8
7	10/16-10/22/23	2	2	off	2	off	3	off	9
Total									46.0

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/4-9/10/23								
2	9/11-9/17/23								
3	9/18-9/24/23								
4	9/25-10/1/23								
5	10/2-10/8/23								
6	10/9-10/15/23								
7	10/16-10/22/23								
Total									

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Little Rock Half Marathon

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Half Marathon Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/23-10/29/23	2	2	off	2	off	3	off	9
2	10/30-11/5/23	2	2	off	2	off	4	off	10
3	11/6-11/12/23	2	3	off	2	off	4	off	11
4	11/13-11/19/23	2	3	2	2	off	4	off	13
5	11/20-11/26/23	2	2	3	2	off	6	off	15
6	11/27-12/3/23	3	2	3	3	off	6	off	17
7	12/4-12/10/23	3	2	3	2	off	8	off	18
8	12/11-12/17/23	2	4	2	3	off	8	off	19
9	12/18-12/24/23	3	4	3	3	off	4	off	17
10	12/25-12/31/23	2	3	4	3	off	8	off	20
11	1/1-1/7/24	3	3	3	3	off	8	off	20
12	1/8-1/14/24	3	3	2	3	off	10	off	21
13	1/15-1/21/24	3	4	3	3	off	6	off	19
14	1/22-1/28/24	3	3	3	3	off	10	off	22
15	1/29-2/4/24	3	4	3	4	off	6	off	20
16	2/5-2/11/24	3	3	2	3	off	12	off	23
17	2/12-2/18/24	3	3	off	3	off	8	off	17
18	2/19-2/25/24	3	3	off	2	off	6	off	14
19	2/26-3/3/24	3	off	3	off	2	off	13.1	21.1
post race	3/4-3/10/24	off	1	off	1	off	2	off	4
post race	3/11-3/17/24	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/18-3/24/24	off	1.5	2	off	1.5	off	4	9
Total									346.6

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Little Rock Half Marathon/10K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/23-10/29/23	2	2	off	2	off	3	off	9
2	10/30-11/5/23	2	2	off	2	off	4	off	10
3	11/6-11/12/23	2	3	2	off	2	4	off	13
4	11/13-11/19/23	3	2	3	off	2	4	off	14
5	11/20-11/26/23	2	2	3	off	2	6	off	15
6	11/27-12/3/23	3	2	3	off	3	6	off	17
7	12/4-12/10/23	3	2	3	2	off	8	off	18
8	12/11-12/17/23	2	4	2	off	3	8	off	19
9	12/18-12/24/23	3	4	3	off	3	4	off	17
10	12/25-12/31/23	2	3	4	off	3	8	off	20
11	1/1-1/7/24	3	2	3	off	4	8	off	20
12	1/8-1/14/24	3	2	3	off	4	10	off	22
13	1/15-1/21/24	3	2	3	off	5	6	off	19
14	1/22-1/28/24	3	2	3	off	5	10	off	23
15	1/29-2/4/24	3	3	3	off	6	6	off	21
16	2/5-2/11/24	3	off	3	off	6	12	off	24
17	2/12-2/18/24	3	off	3	off	3	8	off	17
18	2/19-2/25/24	3	off	3	off	2	6	off	14
19	2/26-3/3/24	2	2	off	2	off	6.2	13.1	25.3
post race	3/4-3/10/24	off	1	off	1	off	2	off	4
post race	3/11-3/17/24	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/18-3/24/24	off	1.5	2	off	1.5	off	4	9
Total									357.8

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Little Rock Half Marathon/5K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/23-10/29/23	2	2	off	2	off	3	off	9
2	10/30-11/5/23	2	3	off	2	off	4	off	11
3	11/6-11/12/23	2	3	2	off	2	4	off	13
4	11/13-11/19/23	3	2	3	off	2	4	off	14
5	11/20-11/26/23	2	2	3	off	2	6	off	15
6	11/27-12/3/23	3	3	3	off	2	6	off	17
7	12/4-12/10/23	3	2	3	2	off	8	off	18
8	12/11-12/17/23	2	4	3	off	2	8	off	19
9	12/18-12/24/23	3	4	3	off	3	4	off	17
10	12/25-12/31/23	2	3	4	off	3	8	off	20
11	1/1-1/7/24	3	3	3	off	3	8	off	20
12	1/8-1/14/24	3	2	3	off	3	10	off	21
13	1/15-1/21/24	3	4	3	off	3	6	off	19
14	1/22-1/28/24	3	3	3	off	3	10	off	22
15	1/29-2/4/24	3	4	3	off	4	6	off	20
16	2/5-2/11/24	3	2	3	off	3	12	off	23
17	2/12-2/18/24	3	off	3	off	3	8	off	17
18	2/19-2/25/24	3	off	3	off	2	6	off	14
19	2/26-3/3/24	2	2	off	2	off	3.1	13.1	22.2
post race	3/4-3/10/24	off	1	off	1	off	2	off	4
post race	3/11-3/17/24	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/18-3/24/24	off	1.5	2	off	1.5	off	4	9
Total									351.7

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Little Rock 10K

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10K Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	12/11-12/17/23	2	1	off	2	off	2	off	7
2	12/18-12/24/23	2	2	off	2	off	2	off	8
3	12/25-12/31/23	2	2	off	2	off	3	off	9
4	1/1-1/7/24	2	2	2	1	off	3	off	10
5	1/8-1/14/24	2	3	2	2	off	3	off	12
6	1/15-1/21/24	3	2	3	2	off	4	off	14
7	1/22-1/28/24	3	2	off	3	off	4	off	12
8	1/29-2/4/24	3	3	2	3	off	4	off	15
9	2/5-2/11/24	3	3	off	3	off	6	off	15
10	2/12-2/18/24	3	3	2	3	off	6	off	17
11	2/19-2/25/24	2	2	3	2	off	4	off	13
12	2/26-3/3/24	2	3	off	2	off	6.2	off	13.2
post race	3/4-3/10/24	off	off	2	2	off	2	off	6
post race	3/11-3/17/24	2	off	2	2	off	2	off	8
post race	3/18-3/24/24	3	2	off	2	off	2	off	9
Total									168.2

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Little Rock 5K

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5K Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	1/8-1/14/24	1	1	1	1	off	1.5	off	5.5
2	1/15-1/21/24	1	1.5	off	1.5	off	2	off	6
3	1/22-1/28/24	1.5	1.5	off	2	off	2	off	7
4	1/29-2/4/24	2	2	off	2.5	off	2	off	8.5
5	2/5-2/11/24	2	2	off	2	off	3	off	9
6	2/12-2/18/24	2	2	off	2	off	4	off	10
7	2/19-2/25/24	2	3	off	2	off	3	off	10
8	2/26-3/3/24	1	1	off	1	off	3.1	off	6.1
Total									89.6

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Little Rock 5K

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5K Off The Couch Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/23-10/29/23	0.25	0.25	off	0.5	off	0.5	off	1.5
2	10/30-11/5/23	0.5	0.25	off	0.5	off	0.5	off	1.75
3	11/6-11/12/23	0.5	0.5	off	0.5	off	1	off	2.5
4	11/13-11/19/23	0.5	1	0.5	0.5	off	1	off	3.5
5	11/20-11/26/23	1	1	off	1	off	1	off	4
6	11/27-12/3/23	1	1	off	1.5	off	1	off	4.5
7	12/4-12/10/23	1	1.5	off	1	off	1.5	off	5
8	12/11-12/17/23	1	1.5	off	1.5	off	1.5	off	5.5
9	12/18-12/24/23	1	1.5	off	1.5	off	2	off	6
10	12/25-12/31/23	1	2	off	2	off	2	off	7
11	1/1-1/7/24	1.5	2	off	2	off	2	off	7.5
12	1/8-1/14/24	2	2	off	2	off	2	off	8
13	1/15-1/21/24	2	2.5	off	2	off	2.5	off	9
14	1/22-1/28/24	2	2.5	off	2.5	off	2.5	off	9.5
15	1/29-2/4/24	2	2.5	off	2.5	off	3	off	10
16	2/5-2/11/24	2	2.5	off	2.5	off	3	off	10
17	2/12-2/18/24	2	3	off	2.5	off	4	off	11.5
18	2/19-2/25/24	2	3	off	2	off	3	off	10
19	2/26-3/3/24	1	1	off	1	off	3.1	off	6.1
Today									89.6

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