

LITTLE ROCK MARATHON

2022

★ IN TRAINING ★

presented by



Little Rock 10K

presented by



10K Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	12/13-12/19/21	2	1	off	2	off	2	off	7
2	12/20-12/26/21	2	2	off	2	off	2	off	8
3	12/27/21-1/2/22	2	2	off	2	off	3	off	9
4	1/3-1/9/22	2	2	2	1	off	3	off	10
5	1/10-1/16/22	2	3	2	2	off	3	off	12
6	1/17-1/23/22	3	2	3	2	off	4	off	14
7	1/24-1/30/22	3	2	off	3	off	4	off	12
8	1/31-2/6/22	3	3	2	3	off	4	off	15
9	2/7-2/13/22	3	3	off	3	off	6	off	15
10	2/14-2/20/22	3	3	2	3	off	6	off	17
11	2/21-2/27/22	2	2	3	2	off	4	off	13
12	2/28-3/6/22	2	3	off	2	off	6.2	off	13.2
post race	3/7-3/13/22	off	off	2	2	off	2	off	6
post race	3/14-3/20/22	2	off	2	2	off	2	off	8
post race	3/21-3/27/22	3	2	off	2	off	2	off	9
								Total	168.2

OFFICIAL
TRAINING PARTNER



QUESTIONS:
Coach Hobbit Singleton
501-626-8296

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

PROJECT OF AND
BENEFITING



please consult with your physician before beginning this or any other fitness program

WWW.LITTLEROCKMARATHON.COM