

2022-2023

Little Rock Marathon Training Program

arkansas' race for every pace

Presented By



Little Rock Half Marathon

presented by



Half Marathon/10K Combo Schedule (Written in Miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/24-10/30/22	2	2	off	2	off	4	off	10
2	10/31-11/6/22	2	3	off	2	off	4	off	11
3	11/7-11/13/22	2	3	2	off	2	4	off	13
4	11/14-11/20/22	3	2	3	off	2	4	off	14
5	11/21-11/27/22	2	2	3	off	2	6	off	15
6	11/28-12/4/22	3	2	3	off	3	6	off	17
7	12/5-12/11/22	3	2	3	2	off	8	off	18
8	12/12-12/18-22	2	4	2	off	3	8	off	19
9	12/19-12/25/22	3	4	3	off	3	4	off	17
10	12/26/22-1/1/23	3	3	3	off	3	8	off	20
11	1/2-1/8/23	3	2	3	off	4	8	off	20
12	1/9-1/15/23	3	2	3	off	4	10	off	22
13	1/16-1/22/23	3	2	3	off	5	8	off	21
14	1/23-1/29/23	3	2	3	off	4	10	off	22
15	1/30-2/5/23	3	3	3	off	6	6	off	21
16	2/6-2/12/23	3	off	3	off	6	12	off	24
17	2/13-2/19/23	3	off	3	off	3	8	off	17
18	2/20-2/26/23	3	off	3	off	2	6	off	14
19	2/27-3/5/23	2	2	off	2	off	6.2	13.1	25.3
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
									360.8

OFFICIAL
TRAINING PARTNER



ENDURANCE

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