

LITTLE ROCK MARATHON

2022

★ IN TRAINING ★

presented by



Little Rock Half Marathon

presented by



Half Marathon - Build Up Schedule (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/6-9/12/21	1	1.5	off	1.5	off	1	off	5
2	9/13-9/19/21	1	1.5	off	1.5	off	2	off	6
3	9/20-9/26/21	1	1.5	off	1.5	off	2	off	6
4	9/27-10/3/21	1.5	2	off	1.5	off	2	off	7
5	10/4-10/10/21	2	1	off	2	off	3	off	8
6	10/11-10/17/21	2	2	off	2	off	2	off	8
7	10/18-10/24/21	2	2	off	2	off	3	off	9
								Total	49.0
Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/6-9/12/21								
2	9/13-9/19/21								
3	9/20-9/26/21								
4	9/27-10/3/21								
5	10/4-10/10/21								
6	10/11-10/17/21								
7	10/18-10/24/21								
								Total	

OFFICIAL
TRAINING PARTNER



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