

14TH ANNUAL

LITTLE ROCK MARATHON

2016 Official Training Program

presented by



Schedule: Marathon (written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/21-9/27/15	3	3	off	3	off	6	off	15
2	9/28-10/4/15	3	3	2	3	off	6	off	17
3	10/5-10/11/15	2	3	2	3	off	8	off	18
4	10/12-10/18/15	3	3	2	3	off	8	off	19
5	10/19-10/25/15	3	3	2	3	off	10	off	21
6	10/26-11/1/15	3	4	3	3	off	8	off	21
7	11/2-11/8/15	3	4	2	4	off	10	off	23
8	11/9-11/15/15	3	3	3	3	off	12	off	24
9	11/16-11/22/15	3	4	3	3	off	12	off	25
10	11/23-11/29/15	3	4	3	3	off	8	off	21
11	11/30-12/6/15	3	3	3	3	off	14	off	26
12	12/7-12/13/15	3	5	3	3	off	14	off	28
13	12/14-12/20/15	3	3	3	3	off	16	off	28
14	12/21-12/27/15	4	5	3	4	off	12	off	28
15	12/28/15-1/3/16	4	3	3	4	off	16	off	30
16	1/4-1/10/16	3	6	3	4	off	14	off	30
17	1/11-1/17/16	3	4	3	3	off	18	off	31
18	1/18-1/24/16	3	6	3	3	off	12	off	27
19	1/25-1/31/16	3	6	3	3	off	18	off	33
20	2/1-2/7/16	3	6	3	6	off	12	off	30
21	2/8-2/14/16	4	6	off	3	off	20	off	33
22	2/15-2/21/16	4	3	4	3	off	12	off	26
23	2/22-2/28/16	3	3	off	3	off	6	off	15
24	2/29-3/6/16	off	3	3	off	3	off	26.2	35.2
post race	3/7-3/13/16	off	1	off	1	off	2	off	4
post race	3/14-3/20/16	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/21-3/27/16	off	1.5	2	off	1.5	off	4	9
total									624.7

OFFICIAL
TRAINING PARTNER



PROJECT OF AND
BENEFITTING



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