

Cowtown Marathon Training Schedule

The Cowtown Office
 1612 Park Place Ave.
 Fort Worth, TX 76110
 817-207-0224

www.cowtownmarathon.org



WEEK OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 1, 2012	9	2	2	2	3	
Oct. 8, 2012	10	2	2	2	4	
Oct. 15, 2012	13	3	2	3	5	
Oct. 22, 2012	14	3	2	3	6	
Oct. 29, 2012	16	3	3	3	7	
Nov. 5, 2012	17	3	3	3	8	
Nov. 12, 2012	19	3	4	3	9	
Nov. 19, 2012	22	4	4	4	10	
Nov. 26, 2012	23	4	4	4	11	
Dec. 3, 2012	26	4	6	4	12	
Dec. 10, 2012	28	4	6	4	13	
Dec. 17, 2012	29	4	6	5	14	
Dec. 24, 2012	31	4	6	5	16	
Dec. 31, 2012	33	4	6	6	17	
Jan. 7, 2013	34	4	6	6	18	
Jan. 14, 2013	35	4	6	6	19	
Jan. 21, 2013	29	4	6	6	13	
Jan. 28, 2013	36	4	6	6	20	
Feb. 4, 2013	28	4	6	6	12	
Feb. 11, 2013	22	4	6	6	6	
Feb. 18, 2013	38.2	4	4	4	26.2 (Race Day)	

ALL WORKOUTS ARE IN MILES

ALWAYS CONSULT A PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM

THE COWTOWN MARATHON ASSUMES NO LIABILITY FOR THESE SCHEDULES. THEY ARE ONLY GUIDELINES