

Cowtown 5K Training Schedule

SATURDAY, February 23rd, 2013 — 10K , Adult 5K, & Kids 5K

SUNDAY, February 24th, 2013 — Half Marathon, Full Marathon, & Ultra Marathon

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

www.cowtownmarathon.org



WEEK #	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
1	5	1	1	1	2	
2	5	1	1	1	2	
3	7.5	1.5	1.5	1.5	3	
4	7.5	1.5	1.5	1.5	3	
5	9.5	1.5	2	2	4	
6	10	2	2	2	4	
7	10	2	2	2	4	
8	10	2	2	2	3.1 (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