

Cowtown Half 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	7		2	2	3	
Oct. 8, 2012	7		2	2	3	
Oct. 15, 2012	9		2	3	4	
Oct. 22, 2012	10	2	2	2	4	
Oct. 29, 2012	12	2	2	2	6	
Nov. 5, 2012	13	2	3	2	6	
Nov. 12, 2012	12	2	3	2	5	
Nov. 19, 2012	15	2	3	3	7	
Nov. 26, 2012	19	3	5	3	8	
Dec. 3, 2012	21	4	6	3	8	
Dec. 10, 2012	23.5	4	6	4	9.5	
Dec. 17, 2012	23	4	6	4	9	
Dec. 24, 2012	22	4	6	4	8	
Dec. 31, 2012	23	4	6	4	9	
Jan. 7, 2013	23	4	6	4	9	
Jan. 14, 2013	24	4	6	4	10	
Jan. 21, 2013	26	4	6	6	10	
Jan. 28, 2013	26	4	6	6	10	
Feb. 4, 2013	28	4	6	6	12	
Feb. 11, 2013	24	4	6	6	8	
Feb. 18, 2013	29.1	4	6	6	13.1 (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