

Cowtown 10K 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 OF:	TOTAL MILES	MONDAY	TUESDAY	THURSDAY	SATURDAY	NOTES:
Oct. 29, 2012	5	1	1	1	2	
Nov. 5, 2012	5	1	1	1	2	
Nov. 12, 2012	7.5	1.5	1.5	1.5	3	
Nov. 19, 2012	7.5	1.5	1.5	1.5	3	
Nov. 26, 2012	9.5	1.5	2	2	4	
Dec. 3, 2012	10	2	2	2	4	
Dec. 10, 2012	10	2	2	2	4	
Dec. 17, 2012	10	2	2	2	4	
Dec. 24, 2012	10	2	2	2	4	
Dec. 31, 2012	13	3	3	3	4	
Jan. 7, 2013	13	3	3	3	4	
Jan. 14, 2013	13	3	3	3	4	
Jan. 21, 2013	14	3	3	3	5	
Jan. 28, 2013	14	3	3	3	5	
Feb. 4, 2013	14	3	3	3	5	
Feb. 11, 2013	14	3	3	3	5	
Feb. 18, 2013	15.2	3	3	3	6.2 (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