

LITTLE ROCK MARATHON

TRAINING PROGRAM

APRIL 2024-MARCH 2025

presented by



QUESTIONS:

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Please consult with your physician before beginning this or any other fitness program

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Little Rock Marathon

Marathon Build Up Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	8/5-8/11/24	1.5	2	1.5	2	off	3	off	10
2	8/12-8/18/24	1.5	2	2	2	off	3	off	10.5
3	8/19-8/25/24	2	2	off	3	off	4	off	11
4	8/26-9/1/24	2	3	off	3	off	4	off	12
5	9/2-9/8/24	2	3	off	3	off	5	off	13
6	9/9-9/15/24	3	3	off	3	off	5	off	14
								Total	70.5

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Marathon Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/16-9/22/24	3	3	off	3	off	6	off	15
2	9/23-9/29/24	3	3	2	3	off	6	off	17
3	9/30-10/6/24	2	3	2	3	off	8	off	18
4	10/7-10/13/24	3	3	2	3	off	8	off	19
5	10/14-10/20/24	3	3	2	3	off	10	off	21
6	10/21-10/27/24	3	4	3	3	off	8	off	21
7	10/28-11/3/24	3	4	2	4	off	10	off	23
8	11/4-11/10/24	3	3	3	3	off	12	off	24
9	11/11-11/17/24	3	4	3	4	off	12	off	26
10	11/18-11/24/24	3	4	3	3	off	8	off	21
11	11/25-12/1/24	3	3	3	3	off	14	off	26
12	12/2-12/8/24	3	5	3	3	off	14	off	28
13	12/9-12/15/24	3	3	3	3	off	16	off	28
14	12/16-12/22/24	4	5	3	4	off	8	off	24
15	12/23-12/29/24	2	3	4	4	off	16	off	29
16	12/30/24-1/5/25	3	6	3	4	off	14	off	30
17	1/6-1/12/25	3	4	3	3	off	18	off	31
18	1/13-1/19/25	3	6	3	3	off	10	off	25
19	1/20-1/26/25	3	6	3	3	off	18	off	33
20	1/27-2/2/25	3	6	3	6	off	12	off	30
21	2/3-2/9/25	4	6	off	3	off	20	off	33
22	2/10-2/16/25	4	3	4	3	off	12	off	26
23	2/17-2/23/25	3	3	off	3	off	6	off	15
24	2/24-3/2/25	off	3	3	off	2	off	26.2	34.2
post race	3/3-3/9/25	off	1	off	1	off	2	off	4
post race	3/10-3/16/25	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/17-3/23/25	off	1.5	2	off	1.5	off	4	9
Total									617.7

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Little Rock Marathon/10K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/16-9/22/24	3	3	off	3	off	6	off	15
2	9/23-9/29/24	3	3	2	off	3	6	off	17
3	9/30-10/6/24	2	3	2	3	off	8	off	18
4	10/7-10/13/24	3	3	2	off	3	8	off	19
5	10/14-10/20/24	3	3	2	off	3	10	off	21
6	10/21-10/27/24	3	4	3	3	off	8	off	21
7	10/28-11/3/24	3	4	2	off	4	10	off	23
8	11/4-11/10/24	3	3	3	off	3	12	off	24
9	11/11-11/17/24	3	3	4	off	4	12	off	26
10	11/18-11/24/24	3	4	3	3	off	8	off	21
11	11/25-12/1/24	3	4	3	off	3	14	off	27
12	12/2-12/8/24	3	5	3	off	4	14	off	29
13	12/9-12/15/24	3	3	3	3	off	16	off	28
14	12/16-12/22/24	4	5	3	off	4	8	off	24
15	12/23-12/29/24	2	3	4	off	4	16	off	29
16	12/30/24-1/5/25	3	4	3	off	5	14	off	29
17	1/6-1/12/25	3	3	3	off	4	18	off	31
18	1/13-1/19/25	3	3	3	off	6	10	off	25
19	1/20-1/26/25	3	3	3	off	6	18	off	33
20	1/27-2/2/25	3	6	3	6	off	12	off	30
21	2/3-2/9/25	4	off	3	off	6	20	off	33
22	2/10-2/16/25	4	3	3	off	4	12	off	26
23	2/17-2/23/25	3	off	3	off	3	6	off	15
24	2/24-3/2/25	off	2	off	2	off	6.2	26.2	36.4
post race	3/3-3/9/25	off	1	off	1	off	2	off	4
post race	3/10-3/16/25	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/17-3/23/25	off	1.5	2	off	1.5	off	4	9
								Total	620.9

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Little Rock Marathon/5K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/16-9/22/24	3	3	off	3	off	6	off	15
2	9/23-9/29/24	3	3	3	off	2	6	off	17
3	9/30-10/6/24	2	3	2	3	off	8	off	18
4	10/7-10/13/24	3	3	3	off	2	8	off	19
5	10/14-10/20/24	3	3	3	off	2	10	off	21
6	10/21-10/27/24	3	4	3	3	off	8	off	21
7	10/28-11/3/24	4	2	4	off	3	10	off	23
8	11/4-11/10/24	3	3	3	off	3	12	off	24
9	11/11-11/17/24	3	4	4	off	3	12	off	26
10	11/18-11/24/24	3	4	3	3	off	8	off	21
11	11/25-12/1/24	3	4	3	off	3	14	off	27
12	12/2-12/8/24	3	5	3	off	3	14	off	28
13	12/9-12/15/24	3	3	3	3	off	16	off	28
14	12/16-12/22/24	4	3	5	off	4	8	off	24
15	12/23-12/29/24	2	4	4	off	3	16	off	29
16	12/30/24-1/5/25	3	6	3	off	4	14	off	30
17	1/6-1/12/25	3	4	3	off	3	18	off	31
18	1/13-1/19/25	3	6	3	off	4	10	off	26
19	1/20-1/26/25	3	6	3	off	3	18	off	33
20	1/27-2/2/25	3	6	3	6	off	12	off	30
21	2/3-2/9/25	4	off	6	off	3	20	off	33
22	2/10-2/16/25	4	3	4	off	3	12	off	26
23	2/17-2/23/25	3	off	3	off	3	6	off	15
24	2/24-3/2/25	off	3	off	2	off	3.1	26.2	34.3
post race	3/3-3/9/25	off	1	off	1	off	2	off	4
post race	3/10-3/16/25	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/17-3/23/25	off	1.5	2	off	1.5	off	4	9
Total									619.8

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Little Rock Half Marathon

Half Marathon Build Up Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	9/2-9/8/24	1	1	off	1	off	1	off	4
2	9/9-9/15/24	1	1.5	off	1.5	off	1	off	5
3	9/16-9/22/24	1	1.5	off	1.5	off	2	off	6
4	9/23-9/29/24	1.5	1.5	off	1.5	off	2	off	6.5
5	9/30-10/6/24	2	1.5	off	2	off	2	off	7.5
6	10/7-10/13/24	2	2	off	2	off	3	off	9
7	10/14- 10/20/24	2	2	off	2	off	3	off	9
								Total	47.0

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Half Marathon Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/21-10/27/24	2	2	off	2	off	4	off	10
2	10/28-11/3/24	2	3	off	2	off	4	off	11
3	11/4-11/10/24	2	3	off	2	off	6	off	13
4	11/11-11/17/24	2	3	2	2	off	4	off	13
5	11/18-11/24/24	2	2	3	2	off	6	off	15
6	11/25-12/1/24	3	2	3	3	off	6	off	17
7	12/2-12/8/24	3	2	3	2	off	8	off	18
8	12/9-12/15/24	2	4	2	3	off	8	off	19
9	12/16-12/22/24	3	4	3	3	off	4	off	17
10	12/23-12/29/24	2	3	4	3	off	8	off	20
11	12/30/24-1/5/25	3	3	3	3	off	8	off	20
12	1/6-1/12/25	3	3	2	3	off	10	off	21
13	1/13-1/19/25	3	4	3	3	off	6	off	19
14	1/20-1/26/25	3	3	3	3	off	10	off	22
15	1/27-2/2/25	3	4	3	4	off	6	off	20
16	2/3-2/9/25	3	3	2	3	off	12	off	23
17	2/10-2/16/25	3	3	off	3	off	8	off	17
18	2/17-2/23/25	3	3	off	2	off	6	off	14
19	2/24-3/2/25	3	off	3	off	2	off	13.1	21.1
post race	3/3-3/9/25	off	1	off	1	off	2	off	4
post race	3/10-3/16/25	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/17-3/23/25	off	1.5	2	off	1.5	off	4	9
Total									350.6

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Little Rock Half Marathon/10K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/21-10/27/24	2	2	off	2	off	3	off	9
2	10/28-11/3/24	2	3	off	2	off	4	off	11
3	11/4-11/10/24	2	3	2	off	2	4	off	13
4	11/11-11/17/24	3	2	3	off	2	4	off	14
5	11/18-11/24/24	2	2	3	off	2	6	off	15
6	11/25-12/1/24	3	2	3	off	3	6	off	17
7	12/2-12/8/24	3	2	3	2	off	8	off	18
8	12/9-12/15/24	2	4	2	off	3	8	off	19
9	12/16-12/22/24	3	4	3	off	3	4	off	17
10	12/23-12/29/24	2	3	4	off	3	8	off	20
11	12/30/24-1/5/25	3	2	3	off	4	8	off	20
12	1/6-1/12/25	3	2	3	off	4	10	off	22
13	1/13-1/19/25	3	2	3	off	5	6	off	19
14	1/20-1/26/25	3	2	3	off	5	10	off	23
15	1/27-2/2/25	3	3	3	off	6	6	off	21
16	2/3-2/9/25	3	off	3	off	6	12	off	24
17	2/10-2/16/25	3	off	3	off	3	8	off	17
18	2/17-2/23/25	3	off	3	off	2	6	off	14
19	2/24-3/2/25	2	2	off	2	off	6.2	13.1	25.3
post race	3/3-3/9/25	off	1	off	1	off	2	off	4
post race	3/10-3/16/25	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/17-3/23/25	off	1.5	2	off	1.5	off	4	9
Total									358.8

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Little Rock Half Marathon/5K Challenge Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/21-10/27/24	2	2	off	2	off	3	off	9
2	10/28-11/3/24	2	3	off	2	off	4	off	11
3	11/4-11/10/24	2	3	2	off	2	4	off	13
4	11/11-11/17/24	3	2	3	off	2	4	off	14
5	11/18-11/24/24	2	2	3	off	2	6	off	15
6	11/25-12/1/24	3	3	3	off	2	6	off	17
7	12/2-12/8/24	3	2	3	2	off	8	off	18
8	12/9-12/15/24	2	4	3	off	2	8	off	19
9	12/16-12/22/24	3	4	3	off	3	4	off	17
10	12/23-12/29/24	2	3	4	off	3	8	off	20
11	12/30/24-1/5/25	3	3	3	off	3	8	off	20
12	1/6-1/12/25	3	2	3	off	3	10	off	21
13	1/13-1/19/25	3	4	3	off	3	6	off	19
14	1/20-1/26/25	3	3	3	off	3	10	off	22
15	1/27-2/2/25	3	4	3	off	4	6	off	20
16	2/3-2/9/25	3	2	3	off	3	12	off	23
17	2/10-2/16/25	3	off	3	off	3	8	off	17
18	2/17-2/23/25	3	off	3	off	2	6	off	14
19	2/24-3/2/25	2	2	off	2	off	3.1	13.1	22.2
post race	3/3-3/9/25	off	1	off	1	off	2	off	4
post race	3/10-3/16/25	1.5	1.5	off	1.5	off	3	off	7.5
post race	3/17-3/23/25	off	1.5	2	off	1.5	off	4	9
Total									351.7

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Little Rock 10K

10K Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	12/9-12/15/24	2	1	off	2	off	2	off	7
2	12/16-12/22/24	2	2	off	2	off	2	off	8
3	12/23-12/29/24	2	2	off	2	off	3	off	9
4	12/30/24-1/5/25	2	2	2	1	off	3	off	10
5	1/6-1/12/25	2	3	2	2	off	3	off	12
6	1/13-1/19/25	3	2	3	2	off	4	off	14
7	1/20-1/26/25	3	2	off	3	off	4	off	12
8	1/27-2/2/25	3	3	2	3	off	4	off	15
9	2/3-2/9/25	3	3	off	3	off	6	off	15
10	2/10-2/16/25	3	3	2	3	off	6	off	17
11	2/17-2/23/25	2	2	3	2	off	4	off	13
12	2/24-3/2/25	2	3	off	2	off	6.2	off	13.2
post race	3/3-3/9/25	off	off	2	2	off	2	off	6
post race	3/10-3/16/25	2	off	2	2	off	2	off	8
post race	3/17-3/23/25	3	2	off	2	off	2	off	9

Total 168.2

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Little Rock 5K

presented by



**ARKANSAS
FEDERAL
CREDIT UNION**

5K Schedule *(written in miles)*

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	1/6-1/12/25	1	1	1	1	off	1.5	off	5.5
2	1/13-1/19/25	1	1.5	off	1.5	off	2	off	6
3	1/20-1/26/25	1.5	1.5	off	2	off	2	off	7
4	1/27-2/2/25	2	2	off	2.5	off	2	off	8.5
5	2/3-2/9/25	2	2	off	2	off	3	off	9
6	2/10-2/16/25	2	2	off	2	off	4	off	10
7	2/17-2/23/25	2	3	off	2	off	3	off	10
8	2/24-3/2/25	1	1	off	1	off	3.1	off	6.1
							Total		89.6

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Little Rock 5K

presented by



5K Off the Couch Schedule

(written in miles)

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	10/21-10/27/24	0.25	0.25	off	0.5	off	0.5	off	1.5
2	10/28-11/3/24	0.5	0.25	off	0.5	off	0.5	off	1.75
3	11/4-11/10/24	0.5	0.5	off	0.5	off	1	off	2.5
4	11/11-11/17/24	0.5	1	0.5	0.5	off	1	off	3.5
5	11/18-11/24/24	1	1	off	1	off	1	off	4
6	11/25-12/1/24	1	1	off	1.5	off	1	off	4.5
7	12/2-12/8/24	1	1.5	off	1	off	1.5	off	5
8	12/9-12/15/24	1	1.5	off	1.5	off	1.5	off	5.5
9	12/16-12/22/24	1	1.5	off	1.5	off	2	off	6
10	12/23-12/29/24	1	2	off	2	off	2	off	7
11	12/30/24-1/5/25	1.5	2	off	2	off	2	off	7.5
12	1/6-1/12/25	2	2	off	2	off	2	off	8
13	1/13-1/19/25	2	2.5	off	2	off	2.5	off	9
14	1/20-1/26/25	2	2.5	off	2.5	off	2.5	off	9.5
15	1/27-2/2/25	2	2.5	off	2.5	off	3	off	10
16	2/3-2/9/25	2	2.5	off	2.5	off	3	off	10
17	2/10-2/16/25	2	3	off	2.5	off	4	off	11.5
18	2/17-2/23/25	2	3	off	2	off	3	off	10
19	2/24-3/2/25	1	1	off	1	off	3.1	off	6.1
								Total	89.6

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