

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6 WDW Half Marathon	7 WDW Marathon
8	9	10	11	12	13 DLR 10K	14 DLR Half Marathon
15 Recovery	16 Recovery	17 Recovery	18 Recovery	19 Recovery	20 Recovery	21 Recovery
22	23 30-45 Min Maintenance Run	24	25 30-45 Min Maintenance Run	26	27	28 10 Mile Long Run
29	30 30-45 Min Maintenance Run	31				

EVENTS

Cowtown Half Marathon
February 25th 2024

Irving Marathon
March 30th 2024
Following the training for the
Cowtown then converts to Marathon
Training miles.

Hakuna Matata 10-Miler
April 21st

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 30-45 Min Maintenance Run	2	3	4 8 Mile Long Run
5	6 30-45 Min Maintenance Run	7	8 30-45 Min Maintenance Run	9	10	11 12 Mile Long Run
12	13 30-45 Min Maintenance Run	14	15 30-45 Min Maintenance Run	16	17	18 6 Mile Long Run
19	20 30-45 Min Maintenance Run	21	22 30-45 Min Maintenance Run	23	24 RACE DAY! Cowtown Half Marathon	25
26	27 30-45 Min Maintenance Run	28	29 30-45 Min Maintenance Run			

EVENTS

Cowtown Half Marathon
February 25th 2024

Irving Marathon
March 30th 2024
Following the training for the
Cowtown then converts to Marathon
Training miles.

Hakuna Matata 10-Miler
April 21st

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 30 Minute Run	3 15 Mile Long Run
4	5 30-45 Min Maintenance Run	6	7 30-45 Min Maintenance Run	8	9 6.5 Mile Long Run	10 8 Mile Long Run
11	12 30-45 Min Maintenance Run	13	14 30-45 Min Maintenance Run	15	16 30 Minute Run	17 18 Mile Long Run
18	19 30-45 Min Maintenance Run	20	21 30-45 Min Maintenance Run	22	23 8 Mile Long Run	24 6 Mile Long Run
25	26 30-45 Min Maintenance Run	27	28 30-45 Min Maintenance Run	29	30 RACE DAY! Irving Marathon	31

EVENTS

Irving Marathon

March 30th 2024

Following the training for the Cowtown then converts to Marathon Training miles.

Hakuna Matata 10-Miler

April 21st

DisneyLand Halloween Half Marathon

September 8th

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 30-45 Min Maintenance Run	3	4 30-45 Min Maintenance Run	5	6 9.5 Mile Long Run	7
8	9 30 Minute Run	10	11 30 Minute Run	12	13 30 Minute Run	14
15	16 30 Minute Run	17	18 30 Minute Run	19	20	21 Race Day! Hakuna Matata 10 Miler
22	23 30 Minute Run	24	25 30 Minute Run	26	27	28 5 Mile Long Run
29	30 30 Minute Run					

EVENTS

Hakuna Matata 10-Miler
April 21st

DisneyLand Halloween Half Marathon
September 8th

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 30 Minute Run	3	4	5 4 Mile Long Run
6	7 30 Minute Run	8	9 30 Minute Run	10	11	12 5 Mile Long Run
13	14 30 Minute Run	15	16 30 Minute Run	17	18	19 4 Mile Long Run
20	21 30 Minute Run	22	23 30 Minute Run	24	25	26 5 Mile Long Run
27	28 30 Minute Run	29	30 30 Minute Run	31		

EVENTS

DisneyLand Halloween Half Marathon
September 8th

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

Dallas Marathon
December 15th

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2 4 Mile Long Run
3	4 30 Minute Run	5	6 30 Minute Run	7	8	9 6.5 Mile Long Run
10	11 30 Minute Run	12	13 30 Minute Run	14	15	16 4 Mile Long Run
17	18 30 Minute Run	19	20 30 Minute Run	21	22	23 8 Mile Long Run
24	25 30 Minute Run	26	27 30 Minute Run	28	29	30 4 Mile Long Run

EVENTS

DisneyLand Halloween Half Marathon
September 8th

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

Dallas Marathon
December 15th

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2 30-45 Min Maintenance Run	3	4 30-45 Min Maintenance Run	5	6	7 4 Mile Long Run
8	9 30-45 Min Maintenance Run	10	11 30-45 Min Maintenance Run	12	13	14 9.5 Mile Long Run
15	16 30-45 Min Maintenance Run	17	18 30-45 Min Maintenance Run	19	20	21 4 Mile Long Run
22	23 30-45 Min Maintenance Run	24	25 30-45 Min Maintenance Run	26	27	28 11 Mile Long Run
29	30 30-45 Min Maintenance Run	31				

EVENTS

DisneyLand Halloween Half Marathon
September 8th

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

Dallas Marathon
December 15th

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 30-45 Min Maintenance Run	2	3	4 4 Mile Long Run
5	6 30-45 Min Maintenance Run	7	8 30-45 Min Maintenance Run	9	10	11 12.5 Mile Long Run
12	13 30-45 Min Maintenance Run	14	15 30-45 Min Maintenance Run	16	17	18 5 Mile Long Run
19	20 30-45 Min Maintenance Run	21	22 30-45 Min Maintenance Run	23	24	25 12 Mile Long Run
26	27 30-45 Min Maintenance Run	28	29 30-45 Min Maintenance Run	30	31	

EVENTS

DisneyLand Halloween Half Marathon
September 8th

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

Dallas Marathon
December 15th

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 5 Mile Long Run
2	3 30-45 Min Maintenance Run	4	5 30-45 Min Maintenance Run	6	7	8 RACE DAY! DisneyLand Half Marathon
9	10 30-45 Min Maintenance Run	11	12 30-45 Min Maintenance Run	13	14	15 5 Mile Long Run
16	17 30-45 Min Maintenance Run	18	19 30-45 Min Maintenance Run	20	21 4 Miles	22 13 Mile Long Run 9 Mile Long Run
23	24 30-45 Min Maintenance Run	25	26 30-45 Min Maintenance Run	27	28	29 5 Mile Long Run
30						

EVENTS

DisneyLand Halloween Half Marathon
September 8th

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

Dallas Marathon
December 15th

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 30-45 Min Maintenance Run	2	3 30-45 Min Maintenance Run	4	5 5.5 Miles	6 15.5 Mile Long Run 11 Mile Long Run
7	8 30-45 Min Maintenance Run	9	10 30-45 Min Maintenance Run	11	12	13 5 Mile Long Run
14	15 30-45 Min Maintenance Run	16	17 30-45 Min Maintenance Run	18	19 7 Miles	20 17 Mile Long Run 12.5 Mile Long Run
21	22 30-45 Min Maintenance Run	23	24 30-45 Min Maintenance Run	25	26	27 5 Mile Long Run
28	29 30-45 Min Maintenance Run	30	31 30-45 Min Maintenance Run			

EVENTS

DisneyLand Halloween Half Marathon
September 8th

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

Dallas Marathon
December 15th

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2 RACE DAY! Wine & Dine 10K	3 RACE DAY! Wine & Dine Half
4	5 30-45 Min Maintenance Run	6	7 30-45 Min Maintenance Run	8	9 8.5 Mile Long Run	10 20 Mile Long Run
11	12 30-45 Min Maintenance Run	13	14 30-45 Min Maintenance Run	15	16	17 6 Mile Long Run
18	19 30-45 Min Maintenance Run	20	21 30-45 Min Maintenance Run	22	23 10 Mile Long Run	24 23 Mile Long Run
25	26 30-45 Min Maintenance Run	27	28 30-45 Min Maintenance Run	29	30	

EVENTS

DisneyWorld Wine & Dine Challenge
November 2nd & 3rd

Dallas Marathon
December 15th

Disney Marathon Weekend
January 11th & 12th

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1 6 Mile Long Run
2	3 30-45 Min Maintenance Run	4	5 30-45 Min Maintenance Run	6	7	8 7 Mile Long Run
9	10 30-45 Min Maintenance Run	11	12 30-45 Min Maintenance Run	13	14	15 RACE DAY! Dallas Marathon
16	17 30-45 Min Maintenance Run	18	19 30-45 Min Maintenance Run	20	21 12 Mile Long Run	22 13 Mile Long Run
23	24 30-45 Min Maintenance Run	25	26 30-45 Min Maintenance Run	27	28	29 6 Mile Long Run
30	31 30-45 Min Maintenance Run					

EVENTS

Dallas Marathon
December 15th

Disney Marathon Weekend
January 11th & 12th