



2009 Route 66 Half Marathon Advanced Training Schedule

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)	Total (miles)
1	6/7-6/13	off / X-train	3-4	4-5	off / X-train	3-4	off	6	16 to 19
2	6/14-6/20	off / X-train	3-4	4-5	off / X-train	3-4	off	6	16 to 19
3	6/21-6/27	off / X-train	3-4	4-5	off / X-train	4-5	off	7	18 to 21
4	6/28-7/4	off / X-train	3-4	4-5	off / X-train	3-4	off	7	17 to 20
5	7/5-7/11	off / X-train	3-4	4-5	off / X-train	4-5	off	8 (<i>Poker Run</i>)	19 to 22
6	7/12-7/18	off / X-train	3-4	4-5	off / X-train	3-4	off	8	18 to 21
7	7/19-7/25	off / X-train	3-4	4-5	off / X-train	4-5	off	9	20 to 23
8	7/26-8/1	off / X-train	3-4	4-5	off / X-train	3-4	off	6	16 to 19
9	8/2-8/8	off / X-train	3-4	4-5	off / X-train	4-5	off	9	20 to 23
10	8/9-8/15	off / X-train	3-4	4-5	off / X-train	3-4	off	7	17 to 20
11	8/16-8/22	off / X-train	3-4	4-5	off / X-train	4-5	off	10	21 to 24
12	8/23-8/29	off / X-train	3-4	4-5	off / X-train	3-4	off	6	16 to 19
13	8/30-9/5	off / X-train	3-4	4-5	off / X-train	4-5	off	11	22 to 25
14	9/6-9/12	off / X-train	3-4	4-5	off / X-train	3-4	off	7	17 to 20
15	9/13-9/19	off / X-train	3-4	4-6	off / X-train	4-5	off	12	23 to 27
16	9/20-9/26	off / X-train	3-4	4-6	off / X-train	3-4	off	8	18 to 22
17	9/27-10/3	off / X-train	3-4	4-6	off / X-train	4-5	off	13	24 to 28
18	10/4-10/10	off / X-train	3-4	4-6	off / X-train	3-4	off	8	18 to 22
19	10/11-10/17	off / X-train	3-4	4-6	off / X-train	4-5	off	14	25 to 29
20	10/18-10/24	off / X-train	3-4	4-6	off / X-train	3-4	off	8	18 to 22
21	10/25-10/31	off / X-train	3-4	4-5	off / X-train	3-4	off	10 (<i>Tulsa Run</i>)	20 to 23
22	11/1-11/7	off / X-train	3-4	4-5	off / X-train	3-4	off	15 (<i>Mock 1/2 Marathon</i>)	25 to 28
23	11/8-11/14	off / X-train	2-3	3-4	off / X-train	3-4	off	6	14 to 17
24	11/15-11/21	off / X-train	0-3	3-4	off / X-train	3-4	off	0	6 to 10
25	11/22-11/28	Route 66 Marathon and Half Marathon							