



2009 Route 66 Half Marathon Beginner 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	3-4	off / X-train	3-4	off	3	12 to 15
2	6/14-6/20	off / X-train	3-4	3-4	off / X-train	3-4	off	3	12 to 15
3	6/21-6/27	off / X-train	3-4	3-4	off / X-train	3-4	off	4	13 to 16
4	6/28-7/4	off / X-train	3-4	3-4	off / X-train	3-4	off	4	13 to 16
5	7/5-7/11	off / X-train	3-4	3-4	off / X-train	3-4	off	5 (<i>Poker Run</i>)	14 to 17
6	7/12-7/18	off / X-train	3-4	3-4	off / X-train	3-4	off	5	14 to 17
7	7/19-7/25	off / X-train	3-4	3-4	off / X-train	3-4	off	6	15 to 18
8	7/26-8/1	off / X-train	3-4	3-4	off / X-train	3-4	off	6	15 to 18
9	8/2-8/8	off / X-train	3-4	4-5	off / X-train	3-4	off	7	17 to 20
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	3-4	off	8	18 to 21
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	3-4	off	9	19 to 22
14	9/6-9/12	off / X-train	3-4	4-5	off / X-train	3-4	off	6	16 to 19
15	9/13-9/19	off / X-train	3-4	4-6	off / X-train	3-4	off	10	20 to 24
16	9/20-9/26	off / X-train	3-4	4-6	off / X-train	3-4	off	7	17 to 21
17	9/27-10/3	off / X-train	3-4	4-6	off / X-train	3-4	off	11	21 to 25
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	3-4	off	12	22 to 26
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	13 (<i>Mock 1/2 Marathon</i>)	23 to 26
23	11/8-11/14	off / X-train	2-3	3-4	off / X-train	2-3	off	4	11 to 14
24	11/15-11/21	off / X-train	0-3	3-4	off / X-train	0-3	off	0	6 to 10
25	11/22-11/28	Route 66 Marathon and Half Marathon							