



Fall 2009 Training Schedule Saturday Long Run Mileage Summary

Date	Beginner Half	Advanced Half	Beginner Full	Intermediate Full	Advanced Full	Beginner Tulsa Run	Intermediate Tulsa Run	Running Events
6-Jun	3	6	6	7	7	3	4	Panera Hunger 5k
13-Jun	3	6	6	7	7	3	4	Runaway 5K, Kids to Camp 5k
20-Jun	4	7	7	8	8	3	4	
27-Jun	4	7	7	8	8	3	4	Bixby Green Corn 5k
4-Jul	5	8	8	9	9	4	5	Firecracker 5k
11-Jul	5	8	8	10	10	4	5	Poker Run
18-Jul	6	9	9	12	12	4	5	Mohawk 5000
25-Jul	6	6	6	8	8	5	6	
1-Aug	7	9	10	14	14	5	6	
8-Aug	7	7	8	16	16	5	6	
15-Aug	8	10	12	8	10	6	7	Float & Bolt, Riverside 5000
22-Aug	6	6	6	16	16	6	7	Mud Run, Escape from Turkey Mountain
29-Aug	9	11	14	14-18	18	6	6	
5-Sep	6	7	7	8	12	7	8	
12-Sep	10	12	16	18	18	6	6	Turkey & Tatur Race is Sunday
19-Sep	7	8	8	9	20	8	9	
26-Sep	11	13	18	20	14	6	6	Glen's Run
3-Oct	8	8	9	10	20	9	10	Zoo Run
10-Oct	12	14	20	20-22	22	6	6	River Rush 5k
17-Oct	8	8	10	12	16	10	12	Red Ribbon Run
24-Oct	13	15	22	22	22	5	5	Mock Marathon
31-Oct	10	10	10	10	10			Tulsa Run
7-Nov	4	6	8	8	10			
14-Nov	0	0	0	0	0			

Route 66 Marathon is on November 15