



T U L S A

2017 Route66 Training Schedule Full Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/8	off / X-train	3	4	off / X-train	4	off	5
2	7/9 – 7/15	off / X-train	3	4	off / X-train	4	off	5
3	7/16 – 7/22	off / X-train	3	4	off / X-train	4	off	6
4	7/23 – 7/29	off / X-train	3	4	off / X-train	4	off	7
5	7/30 – 8/5	off / X-train	3	4-5	off / X-train	4	off	Poker Run 7
6	8/6 – 8/12	off / X-train	3	4-5	off / X-train	4-5	off	8
7	8/13 – 8/19	off / X-train	5	4-5	off / X-train	4-5	off	9
8	8/20 – 8/26	off / X-train	4	4-5	off / X-train	4-5	off	10
9	8/27 – 9/2	off / X-train	4	4-5	off / X-train	5-6	off	12
10	9/3 – 9/9	off / X-train	5	4-5	off / X-train	5-6	off	8
11	9/10 – 9/16	off / X-train	4	3-4	off / X-train	5-6	off	14
12	9/17 – 9/23	off / X-train	3-4	4	off / X-train	5-6	off	8
13	9/24 – 9/30	off / X-train	4	4-5	off / X-train	5-6	off	16
14	10/01 – 10/07	off / X-train	5	3-4	off / X-train	4-5	off	10
15	10/08 – 10/14	off / X-train	5	4-5	off / X-train	5	off	18
16	10/15 – 10/21	off / X-train	4	3-4	off / X-train	5-6	off	12
17	10/22 – 10/28	off / X-train	3-4	4-5	off / X-train	4	off	14
18	10/29 – 11/4	off / X-train	3-4	4-5	off / X-train	4	off	20
19	11/5 – 11/11	off / X-train	3-4	3-4	off / X-train	4	off	8
20	11/12 – 11/18	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	RT66 Marathon!						