



T U L S A

2017 OKC Training Schedule Full Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/17	off / X-train	3	4	off / X-train	4	off	5
2	12/18-12/24	off / X-train	3	4	off / X-train	4	off	6
3	12/25-12/31	off / X-train	3	4	off / X-train	4	off	6 RINY 5k
4	01/01-01/07	off / X-train	3	4	off / X-train	4	off	7
5	01/08-01/14	off / X-train	3	4-5	off / X-train	4	off	7
6	01/15-01/21	off / X-train	3	4-5	off / X-train	4-5	off	8
7	01/22-01/28	off / X-train	5	4-5	off / X-train	4-5	off	9
8	01/29-02/04	off / X-train	4	4-5	off / X-train	4-5	off	10
9	02/05-02/11	off / X-train	4	4-5	off / X-train	5-6	off	12
10	02/12-02/18	off / X-train	5	4-5	off / X-train	5-6	off	8
11	02/19-02/25	off / X-train	4	3-4	off / X-train	5-6	off	14
12	02/26-03/04	off / X-train	3-4	4	off / X-train	5-6	off	8
13	03/05-03/11	off / X-train	4	4-5	off / X-train	5-6	off	St. Patty 5k 16
14	03/12-03/18	off / X-train	5	3-4	off / X-train	4-5	off	10
15	03/19-03/25	off / X-train	5	4-5	off / X-train	5	off	18
16	03/26-04/01	off / X-train	4	3-4	off / X-train	5-6	off	12
17	04/02-04/08	off / X-train	3-4	4-5	off / X-train	4	off	14
18	04/09-04/15	off / X-train	3-4	4-5	off / X-train	4	off	20
19	04/16-04/22	off / X-train	3-4	3-4	off / X-train	4	off	8
20	04/23-04/29	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	OKC Marathon!						