



T U L S A

2018 Route66 Training Schedule Full Marathon - Advance

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/8 - 7/14	off / X-train	3	4	off / X-train	4	off	6
2	7/15 - 7/21	off / X-train	3	4	off / X-train	4	off	8
3	7/22 - 7/28	off / X-train	3	4	off / X-train	4	off	8
4	7/29 - 8/4	RINY 5k	3	4	off / X-train	4	off	9
5	8/5 - 8/11	off / X-train	4	4-5	off / X-train	4	off	9
6	8/12 - 8/18	off / X-train	4	4-5	off / X-train	4-5	off	Poker Run 8
7	8/19 - 8/25	off / X-train	5	4-5	off / X-train	4-5	off	10
8	8/26 - 09/01	off / X-train	4	4-5	off / X-train	4-5	off	13
9	09/02 - 9/8	off / X-train	5	4-5	off / X-train	5-6	off	14
10	9/9 - 9/15	off / X-train	5	4-5	off / X-train	5-6	off	10
11	9/16 - 9/22	off / X-train	5	3-4	off / X-train	5-6	off	16
12	9/23 - 9/29	off / X-train	4	4	off / X-train	5-6	off	12
13	9/30 - 10/06	off / X-train	5	4-5	off / X-train	5-6	off	18
14	10/07 - 10/13	off / X-train	4	4	off / X-train	4-5	off	20
15	10/14 - 10/20	off / X-train	4	4-5	off / X-train	5	off	14
16	10/21 - 10/27	off / X-train	4	3-4	off / X-train	5-6	off	16
17	10/28 - 11/03	off / X-train	5	4-5	off / X-train	4	off	22
18	11/04 - 11/10	off / X-train	3-4	4-5	off / X-train	4	off	10
19	11/11 - 11/17	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	Route 66						