



T U L S A

2018 Route66 Training Schedule Half Marathon - Beginner

| Week | Dates | Sun | Mon (miles) | Tues (miles) | Wed | Thurs (miles) | Fri | Sat (miles) |
|------|---------------|----------------------|----------------|-----------------|---------------|------------------|-----|----------------|
| 1 | 7/8 - 7/14 | off / X-train | 2-3 | 2-3 | off / X-train | 2-3 | off | 3 |
| 2 | 7/15 - 7/21 | off / X-train | 2-3 | 2-3 | off / X-train | 2-3 | off | 3 |
| 3 | 7/22 - 7/28 | off / X-train | 2-3 | 2-3 | off / X-train | 3 | off | 4 |
| 4 | 7/29 - 8/4 | off / X-train | 2-3 | 2-3 | off / X-train | 3 | off | 5 |
| 5 | 8/5 - 8/11 | off / X-train | 3 | 3 | off / X-train | 3 | off | 5 |
| 6 | 8/12 - 8/18 | off / X-train | 3 | 3 | off / X-train | 3-4 | off | Poker Run 5 |
| 7 | 8/19 - 8/25 | off / X-train | 3 | 3-4 | off / X-train | 3-4 | off | 6 |
| 8 | 8/26 - 09/01 | off / X-train | 3 | 3-4 | off / X-train | 4 | off | 5 |
| 9 | 09/02 - 9/8 | off / X-train | 3 | 3-4 | off / X-train | 3-4 | off | 6 |
| 10 | 9/9 - 9/15 | off / X-train | 3 | 3-4 | off / X-train | 4 | off | 8 |
| 11 | 9/16 - 9/22 | off / X-train | 3 | 3-4 | off / X-train | 3-4 | off | 7 |
| 12 | 9/23 - 9/29 | off / X-train | 3 | 3-4 | off / X-train | 4 | off | 8 |
| 13 | 9/30 - 10/06 | off / X-train | 3-4 | 3-4 | off / X-train | 3-4 | off | 10 |
| 14 | 10/07 - 10/13 | off / X-train | 3-4 | 3-4 | off / X-train | 3-4 | off | 8 |
| 15 | 10/14 - 10/20 | off / X-train | 3-4 | 3-4 | off / X-train | 4 | off | 6 |
| 16 | 10/21 - 10/27 | off / X-train | 3-4 | 3-4 | off / X-train | 4 | off | 10 |
| 17 | 10/28 - 11/03 | off / X-train | 3-4 | 3-4 | off / X-train | 4 | off | 13 |
| 18 | 11/04 - 11/10 | off / X-train | 3-4 | 3-4 | off / X-train | 4 | off | 4 |
| 19 | 11/11 - 11/17 | off / X-train | 3 | 3 | off / X-train | 3 | off | 0 |
| | | Route66 Marathon! | | | | | | |