



T U L S A

2018 OKC Training Schedule

Full Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/16	off / X-train	3	4	off / X-train	4	off	5
2	12/17-12/23	off / X-train	3	4	off / X-train	4	off	6
3	12/24-12/30	off / X-train	3	4	off / X-train	4	off	6
4	01/31-01/06	RINY 5k	3	4	off / X-train	4	off	7
5	01/07-01/13	off / X-train	3	4-5	off / X-train	4	off	7
6	01/14-01/20	off / X-train	3	4-5	off / X-train	4-5	off	8
7	01/21-01/27	off / X-train	5	4-5	off / X-train	4-5	off	9
8	01/28-02/03	off / X-train	4	4-5	off / X-train	4-5	off	10
9	02/04-02/10	off / X-train	4	4-5	off / X-train	5-6	off	12
10	02/11-02/17	off / X-train	5	4-5	off / X-train	5-6	off	8
11	02/18-02/24	off / X-train	4	3-4	off / X-train	5-6	off	14
12	02/25-03/03	off / X-train	3-4	4	off / X-train	5-6	off	8
13	03/04-03/10	off / X-train	4	4-5	off / X-train	5-6	off	16
14	03/11-03/17	off / X-train	5	3-4	off / X-train	4-5	off	St. Patty 5k 10
15	03/18-03/24	off / X-train	5	4-5	off / X-train	5	off	18
16	03/25-04/31	off / X-train	4	3-4	off / X-train	5-6	off	12
17	04/01-04/07	off / X-train	3-4	4-5	off / X-train	4	off	14
18	04/08-04/14	off / X-train	3-4	4-5	off / X-train	4	off	20
19	04/15-04/21	off / X-train	3-4	3-4	off / X-train	4	off	8
20	04/22-04/28	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	OKC Marathon!						