



**T U L S A**

# 2018 OKC Training Schedule

## Half Marathon - Beginner

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