2018 Tulsa Run Training Schedule
15K Training Plan

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 4
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	6
14	10/07 – 10/13	off / X-train	3-4	3-4	off / X-train	3-4	off	10
15	10/14 – 10/20	off / X-train	3-4	3-4	off / X-train	4	off	4
16	10/21 – 10/27		2-3		2-3			Tulsa Run