



T U L S A

2019 OKC Training Schedule Full Marathon - Advance

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/9-12/15	off / X-train	3	4	off / X-train	4	off	6
2	12/16-12/22	off / X-train	3	4	off / X-train	4	off	7
3	12/23-12/29	off / X-train	3	4	off / X-train	4	off	8
4	12/30-01/05	off / X-train	RINY 5k	4	off / X-train	4	off	8
5	01/06-01/12	off / X-train	4	4-5	off / X-train	4	off	9
6	01/13-01/19	off / X-train	4	4-5	off / X-train	4-5	off	8
7	01/20-01/26	off / X-train	5	4-5	off / X-train	4-5	off	10
8	01/27-02/02	off / X-train	4	4-5	off / X-train	4-5	off	13
9	02/03-02/09	off / X-train	5	4-5	off / X-train	5-6	off	14
10	02/10-02/16	off / X-train	5	4-5	off / X-train	5-6	off	10
11	02/17-02/23	off / X-train	5	3-4	off / X-train	5-6	off	16
12	02/24-03/02	off / X-train	4	4	off / X-train	5-6	off	12
13	03/03-03/09	off / X-train	5	4-5	off / X-train	5-6	off	18
14	03/10-03/16	off / X-train	4	4	off / X-train	4-5	off	St. Pat 5k 14
15	03/17-03/23	off / X-train	4	4-5	off / X-train	5	off	20
16	03/24-03/30	off / X-train	4	3-4	off / X-train	5-6	off	16
17	03/31-04/06	off / X-train	5	4-5	off / X-train	4	off	22
18	04/07-04/13	off / X-train	3-4	4-5	off / X-train	4	off	10
19	04/14-04/20	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	OKC Marathon						