



T U L S A

2019 OKC Training Schedule Half Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/9-12/15	off / X-train	2-3	2-3	off / X-train	2-3	off	3
2	12/16-12/22	off / X-train	2-3	2-3	off / X-train	2-3	off	3
3	12/23-12/29	off / X-train	2-3	2-3	off / X-train	2-3	off	4
4	12/30-01/05	off / X-train	RINY 5k	2-3	off / X-train	3	off	4
5	01/06-01/12	off / X-train	3	2-3	off / X-train	3	off	5
6	01/13-01/19	off / X-train	3	3	off / X-train	3	off	5
7	01/20-01/26	off / X-train	3	3	off / X-train	3-4	off	6
8	01/27-02/02	off / X-train	3	3-4	off / X-train	3-4	off	6
9	02/03-02/09	off / X-train	3	3-4	off / X-train	4	off	5
10	02/10-02/16	off / X-train	3	3-4	off / X-train	3-4	off	7
11	02/17-02/23	off / X-train	3	3-4	off / X-train	4	off	8
12	02/24-03/02	off / X-train	3	3-4	off / X-train	3-4	off	7
13	03/03-03/09	off / X-train	3	3-4	off / X-train	4	off	8
14	03/10-03/16	off / X-train	3-4	3-4	off / X-train	3-4	off	St Patrick 10
15	03/17-03/23	off / X-train	3-4	3-4	off / X-train	3-4	off	8
16	03/24-03/30	off / X-train	3-4	3-4	off / X-train	4	off	6
17	03/31-04/06	off / X-train	3-4	3-4	off / X-train	4	off	10
18	04/07-04/13	off / X-train	3-4	3-4	off / X-train	4	off	13
19	04/14-04/20	off / X-train	3-4	3-4	off / X-train	4	off	4
20	04/21-04/27	off / X-train	3	3	off / X-train	3	off	0
		OKC Marathon!						