



T U L S A

2020 Route66 Training Schedule Full Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/12 - 7/18	off / X-train	3	4	off / X-train	4	off	5
2	7/19 - 7/25	off / X-train	3	4	off / X-train	4	off	5
3	7/26 - 8/1	off / X-train	3	4	off / X-train	4	off	6
4	8/02 - 8/8	off / X-train	3	4	off / X-train	4	off	7
5	8/9 - 8/15	off / X-train	3	4-5	off / X-train	4	off	8
6	8/16 - 8/22	off / X-train	3	4-5	off / X-train	4-5	off	7
7	8/23 - 8/29	off / X-train	5	4-5	off / X-train	4-5	off	9
8	8/30 - 09/05	off / X-train	4	4-5	off / X-train	4-5	off	11
9	09/06 - 9/12	off / X-train	4	4-5	off / X-train	5-6	off	13
10	9/13 - 9/19	off / X-train	5	4-5	off / X-train	5-6	off	10
11	9/20 - 9/26	off / X-train	4	3-4	off / X-train	5-6	off	14
12	9/27 - 10/3	off / X-train	3-4	4	off / X-train	5-6	off	15
13	10/4 - 10/10	off / X-train	4	4-5	off / X-train	5-6	off	17
14	10/11 - 10/17	off / X-train	5	3-4	off / X-train	4-5	off	14
15	10/18 - 10/24	off / X-train	5	4-5	off / X-train	5	off	18
16	10/25 - 10/31	off / X-train	4	3-4	off / X-train	5-6	off	Tulsa Run 15
17	11/1 - 11/07	off / X-train	3-4	4-5	off / X-train	4	off	20
18	11/8 - 11/14	off / X-train	3-4	4-5	off / X-train	4	off	8
19	11/15 - 11/21	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	RT66 Marathon						

Half n Half Marathon December 6th <https://www.halfandhalf.run/>