



T U L S A

2020 Route66 Training Schedule Half Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/12 - 7/18	off / X-train	2-3	2-3	off / X-train	2-3	off	3
2	7/19 - 7/25	off / X-train	2-3	2-3	off / X-train	2-3	off	3
3	7/26 - 8/1	off / X-train	2-3	2-3	off / X-train	3	off	4
4	8/02 - 8/8	off / X-train	2-3	2-3	off / X-train	3	off	4
5	8/9 - 8/15	off / X-train	3	3	off / X-train	3	off	5
6	8/16 - 8/22	off / X-train	3	3	off / X-train	3-4	off	5
7	8/23 - 8/29	off / X-train	3	3-4	off / X-train	3-4	off	6
8	8/30 - 09/05	off / X-train	3	3-4	off / X-train	4	off	6
9	09/06 - 9/12	off / X-train	3	3-4	off / X-train	3-4	off	7
10	9/13 - 9/19	off / X-train	3	3-4	off / X-train	4	off	7
11	9/20 - 9/26	off / X-train	3	3-4	off / X-train	3-4	off	8
12	9/27 - 10/3	off / X-train	3	3-4	off / X-train	4	off	9
13	10/4 - 10/10	off / X-train	3-4	3-4	off / X-train	3-4	off	9
14	10/11 - 10/17	off / X-train	3-4	3-4	off / X-train	3-4	off	10
15	10/18 - 10/24	off / X-train	3-4	3-4	off / X-train	4	off	9
16	10/25 - 10/31	off / X-train	3-4	3-4	off / X-train	4	off	Tulsa Run 11
17	11/1 - 11/07	off / X-train	3-4	3-4	off / X-train	4	off	13
18	11/8 - 11/14	off / X-train	3-4	3-4	off / X-train	4	off	4
19	11/15 - 11/21	off / X-train	3	3	off / X-train	3	off	0
		Route66 Marathon!						