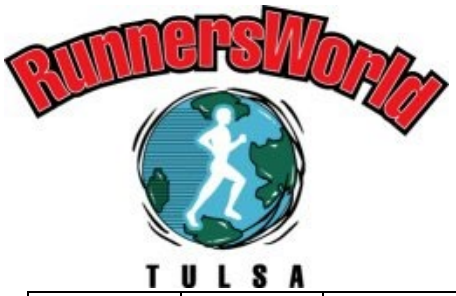

2020 OKC Training Schedule
Full Marathon - Advance

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/21	off / X-train	3	4	off / X-train	4	off	6
2	12/22-12/28	off / X-train	3	4	X-Mas	4	off	7
3	12/29-01/04	off / X-train	3	4	RINY	4	off	8
4	01/05-01/11	RINY 5k	3	4	off / X-train	4	off	8
5	01/12-01/18	off / X-train	4	4-5	off / X-train	4	off	9
6	01/19-01/25	off / X-train	4	4-5	off / X-train	4-5	off	8
7	01/26-02/01	off / X-train	5	4-5	off / X-train	4-5	off	10
8	02/02-02/08	off / X-train	4	4-5	off / X-train	4-5	off	13
9	02/09-02/15	off / X-train	5	4-5	off / X-train	5-6	off	14
10	02/16-02/22	off / X-train	5	4-5	off / X-train	5-6	off	10
11	02/23-02/29	off / X-train	5	3-4	off / X-train	5-6	off	16
12	03/01-03/07	off / X-train	4	4	off / X-train	5-6	off	12
13	03/08-03/14	off / X-train	5	4-5	off / X-train	5-6	off	**St. Patty 5k** 18
14	03/15-03/21	off / X-train	4	4	off / X-train	4-5	off	20
15	03/22-03/28	off / X-train	4	4-5	off / X-train	5	off	14
16	03/29-04/04	off / X-train	4	3-4	off / X-train	5-6	off	16
17	04/05-04/11	off / X-train	5	4-5	off / X-train	4	off	22
18	04/12-04/18	off / X-train	3-4	4-5	off / X-train	4	off	10
19	04/19-04/25	off / X-train	3-4	3-4	off / X-train	4	off	0
	04/26	OKC Marathon						