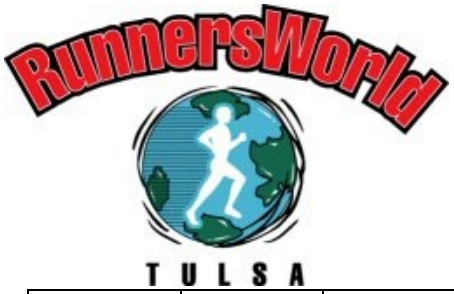

2020 OKC Training Schedule
Half Marathon - Beginner

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