



T U L S A

2021 Spring Training Schedule

Full Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/27	off / X-train	3	4	off / X-train	4	off	5
2	01/03	off / X-train	3	4	off / X-train	4	off	6
3	01/10	off / X-train	3	4-5	off / X-train	4	off	7
4	01/17	off / X-train	3	4-5	off / X-train	4-5	off	8
5	1/24	off / X-train	5	4-5	off / X-train	4-5	off	9
6	1/31	off / X-train	4	4-5	off / X-train	4-5	off	10
7	02/07	off / X-train	4	4-5	off / X-train	5-6	off	12
8	02/14	off / X-train	5	4-5	off / X-train	5-6	off	11
9	2/21	off / X-train	4	3-4	off / X-train	5-6	off	14
10	2/28	off / X-train	3-4	4	off / X-train	5-6	off	15
11	3/07	off / X-train	4	4-5	off / X-train	5-6	off	17
12	3/14	off / X-train	5	3-4	off / X-train	4-5	off	16
13	3/21	off / X-train	5	4-5	off / X-train	5	off	18
14	3/28	off / X-train	4	3-4	off / X-train	5-6	off	15
15	04/04	off / X-train	3-4	4-5	off / X-train	4	off	20
16	04/11	off / X-train	3-4	4-5	off / X-train	4	off	8
17	04/18	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	Marathon						