



2026 Summer/Fall Training Schedule Half Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/12	off / X- train	2-3	2-3	off / X- train	2-3	off	3
2	7/19	off / X- train	2-3	2-3	off / X- train	3	off	3
3	7/26	off / X- train	2-3	2-3	off / X- train	3	off	4
4	8/02	off / X- train	2-3	2-3	off / X- train	3	off	5
5	8/09	off / X- train	3	3	off / X- train	3	off	5
6	8/16	off / X- train	3	3	off / X- train	3-4	off	6
7	8/23	off / X- train	3	4	off / X- train	3-4	off	6
8	8/30	off / X- train	4	3-4	off / X- train	4	off	5
9	9/06	off / X- train	3	4	off / X- train	3-4	off	7
10	9/13	off / X- train	4	3-4	off / X- train	4	off	8
11	9/20	off / X- train	3	4	off / X- train	3-4	off	9
12	9/27	off / X- train	4	3-4	off / X- train	4	off	10
13	10/04	off / X- train	3-4	4	off / X- train	3-4	off	8
14	10/11	off / X- train	3-4	4	off / X- train	3-4	off	11
15	10/18	off / X- train	4	3-4	off / X- train	4	off	10
16	10/25	off / X- train	4	3-4	off / X- train	4	off	Tulsa Run
17	11/01	off / X- train	3-4	3-4	off / X- train	4	off	13
18	11/08	off / X- train	3-4	4	off / X- train	4	off	5
19	11/15	off / X- train	3	3	off / X- train	3	off	0
		RACE!						