



T U L S A

2026 Summer/Fall Training Schedule Full Marathon - Advance

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/12	off / X- train	3	4	off / X- train	4	Off	6
2	7/19	off / X- train	4	5	off / X- train	4	off	7
3	7/26	off / X- train	5	4	off / X- train	5	off	8
4	8/02	off / X- train	5	4-5	off / X- train	5	off	9
5	8/09	off / X- train	6	4-5	off / X- train	5	off	11
6	8/16	off / X- train	6	5	off / X- train	5	off	10
7	8/23	off / X- train	6	4	off / X- train	5	off	13
8	8/30	off / X- train	5	6	off / X- train	5-6	off	14
9	9/06	off / X- train	6	4-5	off / X- train	5-6	off	13
10	9/13	off / X- train	6	5	off / X- train	5-6	off	16
11	9/20	off / X- train	5	4	off / X- train	6	off	14
12	9/27	off / X- train	6	4-5	off / X- train	5-6	off	18
13	10/04	off / X- train	5	4	off / X- train	6	off	16
14	10/11	off / X- train	5	5	off / X- train	5	off	20
15	10/18	off / X- train	5	6	off / X- train	5	off	18
16	10/25	off / X- train	6	5	off / X- train	4	off	Tulsa Run
17	11/01	off / X- train	5	5	off / X- train	4	off	22
18	11/08	off / X- train	5	6	off / X- train	4	off	10
19	11/15		6	4		4	off	0