



T U L S A

2026 Summer/Fall Training Schedule Full Marathon - Beginner

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