



T U L S A

2024 Winter/Spr Training Schedule

Full Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/17	off / X-train	3	4	off / X-train	4	off	5
2	12/24	off / X-train	3	4	off / X-train	4	off	6
3	12/31	RINY 5k!	4	4	off / X-train	4	off	7
4	01/07	off / X-train	4	4-5	off / X-train	4	off	7
5	01/14	off / X-train	4	5	off / X-train	4	off	8
6	01/21	off / X-train	5	4	off / X-train	5	off	9
7	01/28	off / X-train	4	4-5	off / X-train	5	off	10
8	02/04	off / X-train	6	5	off / X-train	5	off	12
9	02/11	off / X-train	5	6	off / X-train	5	off	10
10	02/18	off / X-train	6	5	off / X-train	5	off	14
11	02/25	off / X-train	5	5	off / X-train	6	off	12
12	03/03	off / X-train	5	6	off / X-train	5	off	14
13	03/10	off / X-train	6	5	off / X-train	4-5	off	16
14	03/17	off / X-train	5	6	off / X-train	5	off	15
15	03/24	off / X-train	6	3-4	off / X-train	5-6	off	18
16	03/31	off / X-train	3-4	4-5	off / X-train	5	off	16
17	04/07	off / X-train	5	4-5	off / X-train	5	off	20
18	04/14	off / X-train	5	6	off / X-train	5	off	8
19	04/21		5	4		3	off	0
		RACE!						