



2024 Summer/Fall Training Schedule

Half Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/14	off / X-train	2-3	2-3	off / X-train	2-3	off	3
2	7/21	off / X-train	2-3	2-3	off / X-train	3	off	3
3	7/28	RINY 5k!	2-3	2-3	off / X-train	3	off	4
4	8/04	off / X-train	2-3	2-3	off / X-train	3	off	5
5	8/11	off / X-train	3	3	off / X-train	3	off	5
6	8/18	off / X-train	3	3	off / X-train	3-4	off	6
7	8/25	off / X-train	3	4	off / X-train	3-4	off	6
8	9/01	off / X-train	4	3-4	off / X-train	4	off	5
9	9/08	off / X-train	3	4	off / X-train	3-4	off	7
10	9/15	off / X-train	4	3-4	off / X-train	4	off	8
11	9/22	off / X-train	3	4	off / X-train	3-4	off	9
12	9/29	off / X-train	4	3-4	off / X-train	4	off	10
13	10/06	off / X-train	3-4	4	off / X-train	3-4	off	8
14	10/13	off / X-train	3-4	4	off / X-train	3-4	off	11
15	10/20	off / X-train	4	3-4	off / X-train	4	off	Tulsa Run
16	10/27	off / X-train	4	3-4	off / X-train	4	off	9
17	11/03	off / X-train	3-4	3-4	off / X-train	4	off	13
18	11/10	off / X-train	3-4	4	off / X-train	4	off	5
19	11/17	off / X-train	3	3	off / X-train	3	off	0
		RACE!						