



T U L S A

2024 Winter/Spr Training Schedule

Half Marathon - Advance

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