



# 2024 Summer/Fall Training Schedule

## Full Marathon - Beginner

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