



T U L S A

2024 Winter/Spr Training Schedule

Full Marathon - Advance

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/17	off / X-train	3	4	off / X-train	4	Off	6
2	12/24	off / X-train	4	5	off / X-train	4	off	7
3	12/31	RINY 5k!	5	4	off / X-train	5	off	8
4	01/07	off / X-train	5	4-5	off / X-train	5	off	9
5	01/14	off / X-train	6	4-5	off / X-train	5	off	11
6	01/21	off / X-train	6	5	off / X-train	5	off	10
7	01/28	off / X-train	6	4	off / X-train	5	off	13
8	02/04	off / X-train	5	6	off / X-train	5-6	off	14
9	02/11	off / X-train	6	4-5	off / X-train	5-6	off	12
10	02/18	off / X-train	6	5	off / X-train	5-6	off	16
11	02/25	off / X-train	5	4	off / X-train	6	off	12
12	03/03	off / X-train	6	4-5	off / X-train	5-6	off	18
13	03/10	off / X-train	5	4	off / X-train	6	off	14
14	03/17	off / X-train	5	5	off / X-train	5	off	20
15	03/24	off / X-train	5	6	off / X-train	5	off	14
16	03/31	off / X-train	6	5	off / X-train	4	off	18
17	04/07	off / X-train	5	5	off / X-train	4	off	22
18	04/14	off / X-train	5	6	off / X-train	4	off	10
19	04/21		6	4		4	off	0