



T U L S A

2019 Route66 Training Schedule Half Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/14 - 7/20	off / X-train	2-3	2-3	off / X-train	2-3	off	3
2	7/21 - 7/27	off / X-train	2-3	2-3	off / X-train	2-3	off	3
3	7/28 - 8/3	off / X-train	2-3	2-3	off / X-train	3	off	4
4	8/4 - 8/10	off / X-train	2-3	2-3	off / X-train	3	off	4
5	8/11 - 8/17	off / X-train	3	3	off / X-train	3	off	5
6	8/18 - 8/24	off / X-train	3	3	off / X-train	3-4	off	5
7	8/25 - 8/31	off / X-train	3	3-4	off / X-train	3-4	off	6
8	9/01 - 09/07	off / X-train	3	3-4	off / X-train	4	off	6
9	09/08 - 9/14	off / X-train	3	3-4	off / X-train	3-4	off	5
10	9/15 - 9/21	off / X-train	3	3-4	off / X-train	4	off	8
11	9/22 - 9/28	off / X-train	3	3-4	off / X-train	3-4	off	7
12	9/29 - 10/5	off / X-train	3	3-4	off / X-train	4	off	8
13	10/06 - 10/12	off / X-train	3-4	3-4	off / X-train	3-4	off	10
14	10/13 - 10/19	off / X-train	3-4	3-4	off / X-train	3-4	off	8
15	10/20 - 10/26	off / X-train	3-4	3-4	off / X-train	4	off	6
16	10/27 - 11/2	off / X-train	3-4	3-4	off / X-train	4	off	10
17	11/3 - 11/09	off / X-train	3-4	3-4	off / X-train	4	off	13
18	11/10 - 11/16	off / X-train	3-4	3-4	off / X-train	4	off	4
19	11/17 - 11/23	off / X-train	3	3	off / X-train	3	off	0
		Route66 Marathon!						

Turkey n TATORS November 3rd Trail Run <https://www.turkeyntators.com/>
 Half n Half Marathon December 8th <https://www.halfandhalf.run/>