



T U L S A

# 2019 Route66 Training Schedule Full Marathon - Beginner

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/14 - 7/20	off / X-train	3	4	off / X-train	4	off	5
2	7/21 - 7/27	off / X-train	3	4	off / X-train	4	off	5
3	7/28 - 8/3	off / X-train	3	4	off / X-train	4	off	6
4	8/4 - 8/10	off / X-train	3	4	off / X-train	4	off	6
5	8/11 - 8/17	off / X-train	3	4-5	off / X-train	4	off	7
6	8/18 - 8/24	off / X-train	3	4-5	off / X-train	4-5	off	8
7	8/25 - 8/31	off / X-train	5	4-5	off / X-train	4-5	off	9
8	9/01 - 09/07	off / X-train	4	4-5	off / X-train	4-5	off	11
9	09/08 - 9/14	off / X-train	4	4-5	off / X-train	5-6	off	10
10	9/15 - 9/21	off / X-train	5	4-5	off / X-train	5-6	off	12
11	9/22 - 9/28	off / X-train	4	3-4	off / X-train	5-6	off	14
12	9/29 - 10/5	off / X-train	3-4	4	off / X-train	5-6	off	11
13	10/06 - 10/12	off / X-train	4	4-5	off / X-train	5-6	off	16
14	10/13 - 10/19	off / X-train	5	3-4	off / X-train	4-5	off	18
15	10/20 - 10/26	off / X-train	5	4-5	off / X-train	5	off	12
16	10/27 - 11/2	off / X-train	4	3-4	off / X-train	5-6	off	14
17	11/3 - 11/09	off / X-train	3-4	4-5	off / X-train	4	off	20
18	11/10 - 11/16	off / X-train	3-4	4-5	off / X-train	4	off	8
19	11/17 - 11/23	off / X-train	3-4	3-4	off / X-train	4	off	0
	Race!	RT66 Marathon						

Turkey n TATORS November 3<sup>rd</sup> Trail Run <https://www.turkeyntators.com/>

Half n Half Marathon December 8<sup>th</sup> <https://www.halfandhalf.run/>