



T U L S A

2021 Route66 Training Schedule Full Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/4	off / X-train	3	4	off / X-train	4	off	6
2	7/11	off / X-train	3	4	off / X-train	4	off	7
3	7/18	off / X-train	3	4	off / X-train	4	off	7
4	7/25	off / X-train	3	4	off / X-train	4	off	9
5	8/1	off / X-train	3	4-5	off / X-train	4	off	10
6	8/8	off / X-train	3	4-5	off / X-train	4-5	off	12
7	8/15	off / X-train	5	4-5	off / X-train	4-5	off	12
8	8/22	off / X-train	4	4-5	off / X-train	4-5	off	10
9	8/29	off / X-train	4	4-5	off / X-train	5-6	off	14
10	9/5	off / X-train	5	4-5	off / X-train	5-6	off	15
11	9/12	off / X-train	4	3-4	off / X-train	5-6	off	16
12	9/19	off / X-train	3-4	4	off / X-train	5-6	off	20
13	9/26	off / X-train	4	4-5	off / X-train	5-6	off	8
14	Race!	OKC Marathon!						