



T U L S A

2021 Route66 Training Schedule Half Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/4	off / X-train	2-3	2-3	off / X-train	2-3	off	3
2	7/11	off / X-train	2-3	2-3	off / X-train	2-3	off	3
3	7/18	off / X-train	2-3	2-3	off / X-train	3	off	4
4	7/25	off / X-train	2-3	2-3	off / X-train	3	off	5
5	8/1	off / X-train	3	3	off / X-train	3	off	5
6	8/8	off / X-train	3	3	off / X-train	3-4	off	4
7	8/15	off / X-train	3	3-4	off / X-train	3-4	off	6
8	8/22	off / X-train	3	3-4	off / X-train	4	off	5
9	8/29	off / X-train	3	3-4	off / X-train	3-4	off	7
10	9/5	off / X-train	3	3-4	off / X-train	4	off	8
11	9/12	off / X-train	3	3-4	off / X-train	3-4	off	7
12	9/19	off / X-train	3	3-4	off / X-train	4	off	9
13	9/26	off / X-train	3-4	3-4	off / X-train	3-4	off	8
14	10/03	off / X-train	3-4	3-4	off / X-train	3-4	off	10
15	10/10	off / X-train	3-4	3-4	off / X-train	4	off	11
16	10/17	off / X-train	3-4	3-4	off / X-train	4	off	8
17	10/24	off / X-train	3-4	3-4	off / X-train	4	off	9
18	10/31	off / X-train	3-4	3-4	off / X-train	4	off	13
19	11/7	off / X-train	3	3	off / X-train	3	off	5
20	11/14	off / X-train	3	3	off / X-train	3	off	0
	Race!	Route66 Marathon!						