



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	4
2	7/11	off / X-train	2-3	2-3	off / X-train	2-3	off	4
3	7/18	off / X-train	2-3	2-3	off / X-train	3	off	5
4	7/25	off / X-train	2-3	2-3	off / X-train	3	off	6
5	8/1	off / X-train	3	3	off / X-train	3	off	7
6	8/8	off / X-train	3	3	off / X-train	3-4	off	7
7	8/15	off / X-train	3	3-4	off / X-train	3-4	off	8
8	8/22	off / X-train	3	3-4	off / X-train	4	off	8
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	10
11	9/12	off / X-train	3	3-4	off / X-train	3-4	off	9
12	9/19	off / X-train	3	3-4	off / X-train	4	off	13
13	9/26	off / X-train	3-4	3-4	off / X-train	3-4	off	5
14	Race	OKC Marathon						