



T U L S A

2022 Spring Training Schedule

Full Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/12	off / X-train	3	4	off / X-train	4	off	5
2	12/19	off / X-train	3	4	off / X-train	4	off	5 Christmas
3	12/26	off / X-train	4	4	off / X-train	4	RINY 5K!	6 New Year's Day
4	01/2	off / X-train	4	4	off / X-train	4	off	7
5	1/9	off / X-train	3	5	off / X-train	4	off	8
6	1/16	off / X-train	5	4-5	off / X-train	4-5	off	9
7	1/23	off / X-train	5	4-5	off / X-train	4-5	off	10
8	1/30	off / X-train	4	5	off / X-train	4-5	off	9
9	2/6	off / X-train	5	5	off / X-train	5-6	off	12
10	2/13	off / X-train	5	5	off / X-train	5-6	off	10
11	2/20	off / X-train	4	4	off / X-train	5-6	off	14
12	2/27	off / X-train	3-4	4	off / X-train	5-6	off	16
13	3/6	off / X-train	4	5	off / X-train	5-6	off	10 St Pat 5k
14	3/13	off / X-train	5	3-4	off / X-train	4-5	off	18
15	3/20	off / X-train	5	4-5	off / X-train	5	off	12
16	3/27	off / X-train	4	5	off / X-train	5-6	off	16
17	4/3	off / X-train	4	5	off / X-train	4	off	20
18	4/10	off / X-train	3-4	5	off / X-train	5	off	8
19	4/17	off / X-train	3-4	3	off / X-train	4	3	0
	Race!	OKC Marathon!						