



**T U L S A**

# 2022 Spring Training Schedule

## Full Marathon - Advance

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/12	off / X-train	3	4	off / X-train	4	off	6
2	12/19	off / X-train	3	4	off / X-train	4	off	7 Christmas
3	12/26	off / X-train	3	4	off / X-train	4	off	7 New Year's Day
4	01/2	off / X-train	3	4	off / X-train	4	off	8
5	1/9	off / X-train	4	4-5	off / X-train	4	off	9
6	1/16	off / X-train	4	4-5	off / X-train	4-5	off	11
7	1/23	off / X-train	5	4-5	off / X-train	4-5	off	10
8	1/30	off / X-train	4	4-5	off / X-train	4-5	off	13
9	2/6	off / X-train	5	4-5	off / X-train	5-6	off	14
10	2/13	off / X-train	5	4-5	off / X-train	5-6	off	12
11	2/20	off / X-train	5	3-4	off / X-train	5-6	off	16
12	2/27	off / X-train	4	4	off / X-train	5-6	off	12
13	3/6	off / X-train	5	4-5	off / X-train	5-6	off	18
14	3/13	off / X-train	4	4	off / X-train	4-5	off	14
15	3/20	off / X-train	4	4-5	off / X-train	5	off	20
16	3/27	off / X-train	4	3-4	off / X-train	5-6	off	14
17	4/3	off / X-train	5	4-5	off / X-train	4	off	18
18	4/10	off / X-train	3-4	4-5	off / X-train	4	off	22
19	4/17	off / X-train	3-4	3-4	off / X-train	4	off	10
	Race!	OKC Marathon!						