



T U L S A

2022 Spring Training Schedule

Half Marathon - Beginner

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