



T U L S A

2023 Winter Training Schedule

Full Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/11	off / X-train	3	4	off / X-train	4	off	5
2	12/18	off / X-train	3	4	off / X-train	4	off	6 Christmas Eve
3	12/25	off / X-train	3	4	off / X-train	4	off	RINY 5k
4	01/1	off / X-train	3	4	off / X-train	4	off	7
5	1/8	off / X-train	3	4-5	off / X-train	4	off	7
6	1/15	off / X-train	3	4-5	off / X-train	4-5	off	8
7	1/22	off / X-train	5	4-5	off / X-train	4-5	off	9
8	1/29	off / X-train	4	4-5	off / X-train	4-5	off	10
9	2/5	off / X-train	4	5	off / X-train	5-6	off	12
10	2/12	off / X-train	5	5	off / X-train	5-6	off	10
11	2/19	off / X-train	4	5	off / X-train	5-6	off	14
12	2/26	off / X-train	4	5	off / X-train	5-6	off	12
13	3/5	off / X-train	4	6	off / X-train	5	off	14 St Pat 5k
14	3/12	off / X-train	5	5	off / X-train	4-5	off	16
15	3/19	off / X-train	5	6	off / X-train	5	off	15
16	3/26	off / X-train	4	3-4	off / X-train	5-6	off	18
17	4/2	off / X-train	3-4	4-5	off / X-train	5	off	16
18	4/9	off / X-train	5	4-5	off / X-train	4	off	20
19	4/16	off / X-train	3-4	3-4	off / X-train	5	off	8
20	4/23		3	4		3	off	0
		RACE!						

