



**T U L S A**

# 2023 Winter Training Schedule

## Half Marathon - Advance

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

