



T U L S A

2023 Winter Training Schedule

Half Marathon - Beginner

Week	Week of	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	3
2	12/18	off / X-train	2-3	2-3	off / X-train	2-3	off	3 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	4
5	1/8	off / X-train	2-3	2-3	off / X-train	3	off	5
6	1/15	off / X-train	3	3	off / X-train	3	off	5
7	1/22	off / X-train	3	3	off / X-train	3-4	off	6
8	1/29	off / X-train	3	4	off / X-train	3-4	off	6
9	2/5	off / X-train	4	3-4	off / X-train	4	off	5
10	2/12	off / X-train	3	4	off / X-train	3-4	off	7
11	2/19	off / X-train	4	3-4	off / X-train	4	off	8
12	2/26	off / X-train	3	4	off / X-train	3-4	off	9
13	3/5	off / X-train	4	3-4	off / X-train	4	off	8 St Pat 5k
14	3/12	off / X-train	3-4	4	off / X-train	3-4	off	10
15	3/19	off / X-train	3-4	4	off / X-train	3-4	off	8
16	3/26	off / X-train	4	3-4	off / X-train	4	off	12
17	4/2	off / X-train	4	3-4	off / X-train	4	off	9
18	4/9	off / X-train	3-4	3-4	off / X-train	4	off	13
19	4/16	off / X-train	3-4	4	off / X-train	4	off	5
20	4/23	off / X-train	3	3	off / X-train	3	off	0
		RACE!						