



2010 Route 66 Half Marathon Advanced Training Schedule

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)	Total (miles)
1	6/13-6/19	off / X-train	3	3-4	off / X-train	3	off	5	14 to 15
2	6/20-6/26	off / X-train	3	3-4	off / X-train	3	off	6	15 to 16
3	6/27-7/3	off / X-train	3	3-4	off / X-train	3	off	7	16 to 17
4	7/4-7/10	off / X-train	3	3-4	off / X-train	3-4	off	5 (Poker Run)	14 to 16
5	7/11-7/17	off / X-train	3	3-4	off / X-train	3-4	off	8	17 to 19
6	7/18-7/24	off / X-train	3	3-4	off / X-train	3-4	off	9	18 to 20
7	7/25-7/31	off / X-train	3	3-4	off / X-train	3-4	off	6	15 to 17
8	8/1-8/7	off / X-train	3	3-4	off / X-train	3-4	off	9	18 to 20
9	8/8-8/14	off / X-train	3	3-4	off / X-train	3-4	off	7	16 to 18
10	8/15-8/21	off / X-train	3-4	3-4	off / X-train	3-4	off	10	19 to 22
11	8/22-8/28	off / X-train	3-4	4-5	off / X-train	3-4	off	6	16 to 19
12	8/29-9/4	off / X-train	3-4	3-4	off / X-train	3-4	off	11	20 to 23
13	9/5-9/11	off / X-train	3-4	4-5	off / X-train	3-4	off	7	17 to 20
14	9/12-9/18	off / X-train	3-4	3-4	off / X-train	3-4	off	12	21 to 24
15	9/19-9/25	off / X-train	3-4	4-5	off / X-train	3-4	off	7	17 to 20
16	9/26-10/2	off / X-train	3-4	3-4	off / X-train	3-4	off	13	22 to 25
17	10/3-10/19	off / X-train	3-4	4-5	off / X-train	4-5	off	8	19 to 22
18	10/10-10/16	off / X-train	3-4	3-4	off / X-train	3-4	off	14	23 to 26
19	10/17-10/23	off / X-train	3-4	4-5	off / X-train	4-5	off	8	19 to 22
20	10/24-10/30	off / X-train	3-4	3-4	off / X-train	3-4	off	10 (Tulsa Run)	19 to 22
21	10/31-11/6	off / X-train	3-4	3-4	off / X-train	3-4	off	15 (Mock 1/2 Marathon)	24 to 27
22	11/7-11/13	off / X-train	3	3-4	off / X-train	3-4	off	6	15 to 17
23	11/14-11/20	off / X-train	3	3-4	off / X-train	3	off	0	9 to 10
24	11/21-11/27	Route 66 Marathon and Half Marathon							