



2010 Route 66 Marathon Beginner 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	4	off / X-train	4	off	5	16
2	6/20-6/26	off / X-train	3	4	off / X-train	4	off	6	17
3	6/27-7/3	off / X-train	3	4	off / X-train	4	off	7	18
4	7/4-7/10	off / X-train	3	4	off / X-train	4	off	5 (Poker Run)	16
5	7/11-7/17	off / X-train	3	4	off / X-train	4-5	off	8	19 to 20
6	7/18-7/24	off / X-train	3-4	4	off / X-train	4-5	off	9	20 to 22
7	7/25-7/31	off / X-train	3-4	4	off / X-train	4-5	off	6	17 to 19
8	8/1-8/7	off / X-train	3-4	4	off / X-train	4-5	off	10	21 to 23
9	8/8-8/14	off / X-train	3-4	4-5	off / X-train	5-6	off	7	19 to 22
10	8/15-8/21	off / X-train	3-4	3-4	off / X-train	4-5	off	12	22 to 25
11	8/22-8/28	off / X-train	4	4-5	off / X-train	5-6	off	6	19 to 21
12	8/29-9/4	off / X-train	4	3-4	off / X-train	4-5	off	14	25 to 27
13	9/5-9/11	off / X-train	4	4-5	off / X-train	5-6	off	7	20 to 22
14	9/12-9/18	off / X-train	4	3-4	off / X-train	4-5	off	16	27 to 29
15	9/19-9/25	off / X-train	4	4-5	off / X-train	5-6	off	8	21 to 23
16	9/26-10/2	off / X-train	4	3-4	off / X-train	4-5	off	18	29 to 31
17	10/3-10/19	off / X-train	4	4-5	off / X-train	5-6	off	10	23 to 25
18	10/10-10/16	off / X-train	4	3-4	off / X-train	4-5	off	20	31 to 33
19	10/17-10/23	off / X-train	4	4-5	off / X-train	4-5	off	10	22 to 24
20	10/24-10/30	off / X-train	3	3-4	off / X-train	3-4	off	10 (Tulsa Run)	19 to 21
21	10/31-11/6	off / X-train	3	4-5	off / X-train	4	off	22 (Mock Marathon)	33 to 34
22	11/7-11/13	off / X-train	3	4-5	off / X-train	3-5	off	8	18 to 20
23	11/14-11/20	off / X-train	0-3	3-4	off / X-train	3	off	0	6 to 10
24	11/21-11/27	Route 66 Marathon							