



T U L S A

# Fall 2010 Training Schedule Saturday Long Run Mileage Summary

Date	Beginner Half	Advanced Half	Beginner Full	Intermediate Full	Advanced Full	Running Events
19-Jun	3	5	5	7	7	Run for Education 5k
26-Jun	4	6	6	8	8	Bixby Green Corn 5k
3-Jul	4	7	7	9	9	Midnight Madness 50 mile
10-Jul	5	5	5	5	5	Poker Run
17-Jul	5	8	8	10	10	Run to Breathe 5k
24-Jul	6	9	9	12	12	Reckless Redneck (Friday night)
31-Jul	6	6	6	8	8	Glen's Run, Kids to Camp 4k
7-Aug	7	9	10	12	14	Rt 66 quarter marathon
14-Aug	7	7	7	7	16	
21-Aug	8	10	12	14	10	TATUR Mud Run
28-Aug	6	6	6	6	16	
4-Sep	9	11	14	16	18	
11-Sep	6	6	7	7	12	Turkey & Tatur
18-Sep	10	12	16	18	18	Ladies First 5k
25-Sep	7	7	8	8	20	
2-Oct	11	13	18	20	13	
9-Oct	8	8	10	10	20	Mother Road Marathon, Chicago Marathon
16-Oct	12	14	20	22	22	Kansas City Marathon
23-Oct	8	8	10	10	16	
30-Oct	10	10	10	10	10	Tulsa Run
6-Nov	13	15	22	22	22	Mock Marathon
13-Nov	4	6	8	8	8	Mother Road 100, San Antonio Marathon
20-Nov	0	0	0	0	0	<b>Route 66 Marathon is on November 21</b>