



2010 Oklahoma City Memorial Marathon Beginner Training Schedule

| Week | Dates | Sun | Mon (miles) | Tues (miles) | Wed | Thurs (miles) | Fri | Sat (miles) | Total (miles) |
|------|-------------|-------------------------|----------------|-----------------|---------------|------------------|------|----------------|------------------|
| 1 | 12/6-12/12 | off / X-train | 3 | 4 | off / X-train | 4 | off | 6 | 17 |
| 2 | 12/13-12/19 | off / X-train | 3 | 4 | off / X-train | 4 | off | 7 | 18 |
| 3 | 12/20-12/26 | off / X-train | 3 | 4 | off / X-train | 4 | XMAS | 8 | 19 |
| 4 | 12/27-1/2 | off / X-train | 3 | 4 | off / X-train | 4 (RINY) | off | 5 | 16 |
| 5 | 1/3-1/9 | off / X-train | 3 | 4 | off / X-train | 4-5 | off | 10 | 21 to 22 |
| 6 | 1/10-1/16 | off / X-train | 3 | 4 | off / X-train | 4-6 | off | 6 | 17 to 19 |
| 7 | 1/17-1/23 | off / X-train | 3 | 4-5 | off / X-train | 4-5 | off | 12 | 23 to 25 |
| 8 | 1/24-1/30 | off / X-train | 3 | 4-5 | off / X-train | 5-6 | off | 6 | 18 to 20 |
| 9 | 1/31-2/6 | off / X-train | 4 | 4-5 | off / X-train | 4-6 | off | 14 | 26 to 29 |
| 10 | 2/7-2/13 | off / X-train | 3-4 | 4-5 | off / X-train | 4-6 | off | 5 (Poker Run) | 16 to 20 |
| 11 | 2/14-2/20 | off / X-train | 3-4 | 4-5 | off / X-train | 5-6 | off | 16 | 28 to 31 |
| 12 | 2/21-2/27 | off / X-train | 3-4 | 3-4 | off / X-train | 5-6 | off | 8 | 19 to 22 |
| 13 | 2/28-3/6 | off / X-train | 3-4 | 4-5 | off / X-train | 5-6 | off | 18 | 30 to 33 |
| 14 | 3/7-3/13 | off / X-train | 3-4 | 3-4 | off / X-train | 5-6 | off | 9 | 20 to 23 |
| 15 | 3/14-3/20 | off / X-train | 3-4 | 4-5 | off / X-train | 5-6 | off | 20 | 32 to 35 |
| 16 | 3/21-3/27 | off / X-train | 3-4 | 3-4 | off / X-train | 5-6 | off | 10 | 21 to 24 |
| 17 | 3/28-4/3 | off / X-train | 3-4 | 4-5 | off / X-train | 4-5 | off | 22 | 33 to 36 |
| 18 | 4/4-4/10 | off / X-train | 3-4 | 3-4 | off / X-train | 4-5 | off | 12 | 22 to 25 |
| 19 | 4/11-4/17 | off / X-train | 3-4 | 4-5 | off / X-train | 4-5 | off | 6 | 17 to 20 |
| 20 | 4/18-4/24 | off / X-train | 0-4 | 3 | off / X-train | 3 | off | 0 | 6 to 10 |
| | 4/25-5/1 | OKC Marathon | | | | | | | |

- Unless otherwise stated, Saturday long runs should be 60 to 90 seconds slower per mile than marathon pace.
- Midweek runs may be run at any pace you feel comfortable. Some runs may be at slower than marathon pace and some faster.