



2010 Oklahoma City Memorial Marathon Intermediate 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	4-5	5-6	off / X-train	4-5	off	9	22 to 25
2	12/13-12/19	off / X-train	4-5	5-6	off / X-train	4-5	off	6	19 to 22
3	12/20-12/26	off / X-train	4-5	5-6	off / X-train	4-5	XMAS	10	23 to 26
4	12/27-1/2	off / X-train	4-5	5-6	off / X-train	4 (RINY)	off	5	18 to 20
5	1/3-1/9	off / X-train	4-6	5-7	off / X-train	4-6	off	12	25 to 30
6	1/10-1/16	off / X-train	4-6	5-7	off / X-train	4-6	off	6	19 to 27
7	1/17-1/23	off / X-train	4-6	5-7	off / X-train	4-6	off	14	27 to 33
8	1/24-1/30	off / X-train	4-6	4-6	off / X-train	5-6	off	6	19 to 24
9	1/31-2/6	off / X-train	4-6	5-7	off / X-train	5-6	off	16	30 to 35
10	2/7-2/13	off / X-train	4-5	5-6	off / X-train	5-7	off	5 (Poker Run)	19 to 23
11	2/14-2/20	off / X-train	4-6	5-6	off / X-train	5-7	off	18	32 to 37
12	2/21-2/27	off / X-train	4-5	5-6	off / X-train	5-7	off	8 Pace	22 to 26
13	2/28-3/6	off / X-train	4-6	6-7	off / X-train	5-7	off	20	35 to 40
14	3/7-3/13	off / X-train	4-5	6-7	off / X-train	5-8	off	9 Pace	24 to 29
15	3/14-3/20	off / X-train	4-6	5-7	off / X-train	5-8	off	22	36 to 43
16	3/21-3/27	off / X-train	4-6	6-8	off / X-train	5-8	off	10 Pace	25 to 32
17	3/28-4/3	off / X-train	4-6	6-8	off / X-train	4-6	off	24	38 to 44
18	4/4-4/10	off / X-train	4-5	5-6	off / X-train	4-5	off	12	25 to 28
19	4/11-4/17	off / X-train	4-5	5-6	off / X-train	4-5	off	8	21 to 24
20	4/18-4/24	off / X-train	3-4	3-4	off / X-train	3-4	off	0	9 to 12
	4/25-5/1	OKC Marathon							

- Unless otherwise stated, Saturday long runs should be 60 to 90 seconds slower per mile than marathon pace.
- **Pace** runs will start with a slow warm up mile or two, and the rest of the run will be at marathon goal pace.
- Note: All paces should be adjusted for weather conditions (i.e., heat and humidity).