2010 Oklahoma City Memorial Half 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	3	off / X-train	3	off	3	12
2	12/13-12/19	off / X-train	3	3	off / X-train	3	off	4	13
3	12/20-12/26	off / X-train	3	3	off / X-train	3	XMAS	5	14
4	12/27-1/2	off / X-train	3	3	off / X-train	4 (RINY)	off	5	15
5	1/3-1/9	off / X-train	3	3-4	off / X-train	3-4	off	6	15 to 17
6	1/10-1/16	off / X-train	3	3-4	off / X-train	3-4	off	7	16 to 18
7	1/17-1/23	off / X-train	3	3-4	off / X-train	3-4	off	8	17 to 19
8	1/24-1/30	off / X-train	3	3-4	off / X-train	3-4	off	6	15 to 17
9	1/31-2/6	off / X-train	3	3-4	off / X-train	3-4	off	9	18 to 20
10	2/7-2/13	off / X-train	3-4	4-5	off / X-train	3-4	off	5 (Poker Run)	15 to 18
11	2/14-2/20	off / X-train	3-4	3-4	off / X-train	3-4	off	10	19 to 22
12	2/21-2/27	off / X-train	3-4	3-4	off / X-train	3-4	off	7	16 to 19
13	2/28-3/6	off / X-train	3-4	3-4	off / X-train	3-4	off	11	20 to 23
14	3/7-3/13	off / X-train	3-4	4-5	off / X-train	3-4	off	8	18 to 21
15	3/14-3/20	off / X-train	3-4	4-5	off / X-train	3-4	off	12	22 to 25
16	3/21-3/27	off / X-train	3-4	4-5	off / X-train	3-4	off	8	18 to 21
17	3/28-4/3	off / X-train	3-4	3-4	off / X-train	3-4	off	13	22 to 25
18	4/4-4/10	off / X-train	3-4	3-4	off / X-train	3-4	off	12	21 to 24
19	4/11-4/17	off / X-train	3-4	3-4	off / X-train	3	off	6	15 to 17
20	4/18-4/24	off / X-train	3	3	off / X-train	2-3	off	0	8 to 9
	4/25-5/1	**OKC Half Marathon**							