



Spring 2010 Training Schedule Saturday Long Run Mileage Summary

Date	Beginner Half	Advanced Half	Beginner Full	Intermediate Full	Advanced Full	Zurich Marathon	Running Events
12-Dec	3	5	6	9	9	9	Jingle Bell Run 5k
19-Dec	4	6	7	6	10	6	Garden of Lights 5k - Muskogee
26-Dec	5	7	8	10	12	10	
2-Jan	5	5	5	5	8	5	Race Into the New Year Dec 31
9-Jan	6	8	10	12	14	12	
16-Jan	7	9	6	6	16	6	
23-Jan	8	10	12	14	10	14	
30-Jan	6	6	6	6	16	6	TRC Winter Classic 10k, 20k, 30k
6-Feb	9	11	14	16	18	16	
13-Feb	5	5	5	5	5	5	Poker Run
20-Feb	10	12	16	18	18	18	
27-Feb	7	7	8	8	20	8	TRC Post Oak Marathon, 10k, 25k, 50k
6-Mar	11	13	18	20	13	20	AOK Atoka 25k, 50k, Little Rock Mar.
13-Mar	8	8	9	9	20	9	St Patrick's Day 5k
20-Mar	12	14	20	22	22	22	TATUR 6 Hr Snake Race
27-Mar	8	8	10	10	14	14	Wish Lemons 5k, Arbuckles to Ardmore Mar.
3-Apr	13	15	22	24	24	8	Aduddell 5 Mile Race, Lake McMurtrey Trail Race
10-Apr	12	12	12	12	16	0	St. Louis Marathon, Zurich Marathon
17-Apr	6	6	6	8	8		Boston Marathon April 19
24-Apr	0	0	0	0	0		Oklahoma City Marathon April 25
1-May							Hope Rains 5k
8-May							
15-May							
22-May							Edinburgh Marathon