



# 2012 Oklahoma City Memorial Marathon Beginner Training Schedule

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