2012 Oklahoma City Memorial Marathon
Intermediate 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	4-5	5-6	off / X-train	4-5	off	5	18to 21
2	12/18-12/24	off / X-train	4-5	5-6	off / X-train	4-5	off	6	19 to 22
3	12/25-12/31	off / X-train	4-5	5-6	off / X-train	4-5	off	7 **RINY**	20 to 23
4	1/1-1/7	off / X-train	4-5	5-6	off / X-train	4-6	off	8	21 to 25
5	1/8-1/14	off / X-train	4-6	5-7	off / X-train	4-6	off	9	22 to 27
6	1/15-1/21	off / X-train	4-6	5-7	off / X-train	4-6	off	10	23 to 29
7	1/22-1/28	off / X-train	4-6	5-7	off / X-train	4-6	off	5	18 to 26
8	1/29-2/4	off / X-train	4-6	4-6	off / X-train	5-6	off	12	25 to 30
9	2/5-2/11	off / X-train	4-6	5-7	off / X-train	5-6	off	5 *Poker Run*	19 to 24
10	2/12-2/18	off / X-train	4-5	5-6	off / X-train	5-7	off	14	28 to 32
11	2/19-2/25	off / X-train	4-6	5-6	off / X-train	5-7	off	7 pace	21 to 26
12	2/26-3/3	off / X-train	4-5	5-6	off / X-train	5-7	off	16	30 to 34
13	3/4-3/10	off / X-train	4-6	6-7	off / X-train	5-7	off	8 pace	23 to 28
14	3/11-3/17	off / X-train	4-5	6-7	off / X-train	5-8	off	18	33 to 38
15	3/18-3/24	off / X-train	4-6	5-7	off / X-train	5-8	off	9 pace	23 to 30
16	3/25-3/31	off / X-train	4-6	6-8	off / X-train	5-8	off	20	35 to 42
17	4/1-4/7	off / X-train	4-6	6-8	off / X-train	4-6	off	10 pace	24 to 30
18	4/8-4/14	off / X-train	4-5	5-6	off / X-train	4-5	off	22	35 to 38
19	4/15-4/21	off / X-train	4-5	5-6	off / X-train	4-5	off	8	21 to 24
20	4/22-4/28	off / X-train	3-4	3-4	off / X-train	3-4	off	0	9 to 12
	4/29-5/6	**OKC Marathon**							