



2010 Tulsa Run Beginner Training Schedule

Week	Dates	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	7/11-7/17	off / X-train	3	3	off / X-train	3	off	3
2	7/18-7/24	off / X-train	3	3	off / X-train	3	off	3
3	7/25-7/31	off / X-train	3	3	off / X-train	3	off	4
4	8/1-8/7	off / X-train	3	3	off / X-train	3	off	4
5	8/8-8/14	off / X-train	3	3	off / X-train	3	off	5
6	8/15-8/21	off / X-train	3	3	off / X-train	3	off	6
7	8/22-8/28	off / X-train	3-4	3-4	off / X-train	3-4	off	6
8	8/29-9/4	off / X-train	3-4	3-4	off / X-train	3-4	off	7
9	9/5-9/11	off / X-train	3-4	3-4	off / X-train	3-4	off	5
10	9/12-9/18	off / X-train	3-4	3-4	off / X-train	3-4	off	8
11	9/19-9/25	off / X-train	3-4	3-4	off / X-train	3-4	off	5
12	9/26-10/2	off / X-train	3-4	3-4	off / X-train	3-4	off	9
13	10/3-10/9	off / X-train	3-4	3-4	off / X-train	3-4	off	5
14	10/10-10/16	off / X-train	3-4	3-4	off / X-train	3-4	off	10
15	10/17-10/23	off / X-train	3-4	3-4	off / X-train	3-4	off	5
16	10/24-10/30	off / X-train	3	3	off / X-train	3	off	Tulsa Run