



2011 Route 66 Half Marathon Beginner Training Schedule

Week	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total (miles)
			(miles)	(miles)		(miles)		(miles)	
1	6/12 to 6/18	off / X-train	3	3	off / X-train	3	off	3	12
2	6/19 to 6/25	off / X-train	3	3	off / X-train	3	off	4	13
3	6/26 to 7/2	off / X-train	3	3	off / X-train	3	off	4	13
4	7/3 to 7/9	off / X-train	3	3	off / X-train	3	off	5	14
5	7/10 to 7/16	off / X-train	3	3	off / X-train	3 to 4	off	5	14 to 15
6	7/17 to 7/23	off / X-train	3	3 to 4	off / X-train	3 to 4	off	6	15 to 17
7	7/24 to 7/30	off / X-train	3	3 to 4	off / X-train	3 to 4	off	6	15 to 17
8	7/31 to 8/6	off / X-train	3	3 to 4	off / X-train	3 to 4	off	7	16 to 18
9	8/7 to 8/13	off / X-train	3	3 to 4	off / X-train	3 to 4	off	7	16 to 18
10	8/14 to 8/20	off / X-train	3 to 4	3 to 4	off / X-train	3 to 4	off	8	17 to 20
11	8/21 to 8/27	off / X-train	3 to 4	3 to 4	off / X-train	3 to 4	off	6	15 to 18
12	8/28 to 9/3	off / X-train	3 to 4	3 to 4	off / X-train	3 to 4	off	9	18 to 21
13	9/4 to 9/10	off / X-train	3 to 4	4 to 5	off / X-train	3 to 4	off	6	16 to 19
14	9/11 to 9/17	off / X-train	3 to 4	3 to 4	off / X-train	3 to 4	off	10	19 to 22
15	9/18 to 9/24	off / X-train	3 to 4	4 to 5	off / X-train	3 to 4	off	7	17 to 20
16	9/25 to 10/1	off / X-train	3 to 4	3 to 4	off / X-train	3 to 4	off	11	20 to 23
17	10/2 to 10/8	off / X-train	3 to 4	4 to 5	off / X-train	4 to 5	off	8	19 to 22
18	10/9 to 10/15	off / X-train	3 to 4	3 to 4	off / X-train	3 to 4	off	12	21 to 24
19	10/16 to 10/22	off / X-train	3 to 4	4 to 5	off / X-train	4 to 5	off	8	19 to 22
20	10/23 to 10/29	off / X-train	3 to 4	4 to 5	off / X-train	3 to 4	off	10	20 to 23
21	10/30 to 11/5	off / X-train	3 to 4	3 to 4	off / X-train	3 to 4	off	13	22 to 25
22	11/6 to 11/12	off / X-train	3	3 to 4	off / X-train	3 to 4	off	4	13 to 15
23	11/13 to 11/19	off / X-train	3	3	off / X-train	3	off	0	9
24	11/20 to 11/26	Route 66 Marathon							