



2012 Oklahoma City Memorial Half 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	3	off / X-train	3	off	3	12
2	12/18-12/24	off / X-train	3	3	off / X-train	3	off	4	13
3	12/25-12/31	off / X-train	3	3	off / X-train	3	off	5 RINY	14
4	1/1-1/7	off / X-train	3	3	off / X-train	4	off	5	15
5	1/8-1/14	off / X-train	3	3-4	off / X-train	3-4	off	6	15 to 17
6	1/15-1/21	off / X-train	3	3-4	off / X-train	3-4	off	7	16 to 18
7	1/22-1/28	off / X-train	3	3-4	off / X-train	3-4	off	5	14 to 16
8	1/29-2/4	off / X-train	3	3-4	off / X-train	3-4	off	8	17 to 19
9	2/5-2/11	off / X-train	3	3-4	off / X-train	3-4	off	5 <i>Poker Run</i>	14 to 16
10	2/12-2/18	off / X-train	3-4	4-5	off / X-train	3-4	off	9	19 to 22
11	2/19-2/25	off / X-train	3-4	3-4	off / X-train	3-4	off	5	14 to 17
12	2/26-3/3	off / X-train	3-4	3-4	off / X-train	3-4	off	10	19 to 22
13	3/4-3/10	off / X-train	3-4	3-4	off / X-train	3-4	off	6	15 to 18
14	3/11-3/17	off / X-train	3-4	4-5	off / X-train	3-4	off	11	21 to 24
15	3/18-3/24	off / X-train	3-4	4-5	off / X-train	3-4	off	6	16 to 19
16	3/25-3/31	off / X-train	3-4	4-5	off / X-train	3-4	off	12	22 to 25
17	4/1-4/7	off / X-train	3-4	3-4	off / X-train	3-4	off	7	16 to 19
18	4/8-4/14	off / X-train	3-4	3-4	off / X-train	3-4	off	13	22 to 25
19	4/15-4/21	off / X-train	3-4	3-4	off / X-train	3	off	5	14 to 16
20	4/22-4/28	off / X-train	3	3	off / X-train	2-3	off	0	8 to 9
	4/29-5/6	OKC Half Marathon							