



# 2011 Oklahoma City Memorial Half Marathon Beginner Training Schedule

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