



2011 Tulsa Run Beginner Training Schedule



Week	Dates	Sun - TATUR	Mon -RW (miles)	Tues - TATUR (miles)	Wed	Thurs - RW (miles)	Fri	Sat - RW (miles)
1	7/10-7/16	off / X-train	3	3	off / X-train	3	off	3
2	7/17-7/23	off / X-train	3	3	off / X-train	3	off	3
3	7/24-7/30	off / X-train	3	3	off / X-train	3	off	4
4	7/31- 8/6	off / X-train	3	3	off / X-train	3	off	4
5	8/7-8/13	off / X-train	3	3	off / X-train	3	off	5
6	8/14-8/20	off / X-train	3	3	off / X-train	3	off	6
7	8/21-8/27	off / X-train	3-4	3-4	off / X-train	3-4	off	6
8	8/28 -9/3	off / X-train	3-4	3-4	off / X-train	3-4	off	7
9	9/4-9/10	off / X-train	3-4	3-4	off / X-train	3-4	off	5
10	9/11-9/17	off / X-train	3-4	3-4	off / X-train	3-4	off	8
11	9/18-9/24	off / X-train	3-4	3-4	off / X-train	3-4	off	5
12	9/25-10/1	off / X-train	3-4	3-4	off / X-train	3-4	off	9
13	10/2-10/8	off / X-train	3-4	3-4	off / X-train	3-4	off	5
14	10/9 -10/15	off / X-train	3-4	3-4	off / X-train	3-4	off	10
15	10/16-10/24	off / X-train	3-4	3-4	off / X-train	3-4	off	5
16	10/25-10/29	off / X-train	3	3	off / X-train	3	off	Tulsa Run

RW - RunnersWorld Tulsa offers FREE road training every Monday & Thursday evening at 5:30 pm at 43rd & Peoria & longer runs every Saturday morning (varied times & locations)
Contact Coach Kathy at runnersworldtulsa@yahoo.com for more info on road training.

TATUR offers FREE trail run training every Tuesday evening at 6:30pm and every Sunday morning at 7:30am. Both days are at Turkey Mountain (71st & Elwood)
Contact Brian at brian@tatur.org for more info on trail training.