



## 2010 Tulsa Run Advanced 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	4	3	off / X-train	4	off	5
2	7/17-7/23	off / X-train	4	3	off / X-train	4	off	5
3	7/24-7/30	off / X-train	4	3	off / X-train	4	off	5
4	7/31- 8/6	off / X-train	4	3	off / X-train	4	off	6
5	8/7-8/13	off / X-train	4	3	off / X-train	4	off	6
6	8/14-8/20	off / X-train	4	3	off / X-train	4	off	7
7	8/21-8/27	off / X-train	4-5	3-4	off / X-train	4-5	off	7
8	8/28-9/3	off / X-train	4-5	3-4	off / X-train	4-5	off	8
9	9/4-9/10	off / X-train	4-5	3-4	off / X-train	4-5	off	8
10	9/11-9/17	off / X-train	4-5	3-4	off / X-train	4-5	off	9
11	9/18-9/24	off / X-train	4-5	3-4	off / X-train	4-5	off	9
12	9/25-10/1	off / X-train	4-5	3-4	off / X-train	4-5	off	10
13	10/2-10/8	off / X-train	4-5	3-4	off / X-train	4-5	off	8
14	10/9-10/15	off / X-train	4-5	3-4	off / X-train	4-5	off	12
15	10/16-10/22	off / X-train	4-5	3-4	off / X-train	4-5	off	5
16	10/23-10/29	off / X-train	off	3	off / X-train	off	off	<b>Tulsa Run</b>

**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](mailto: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](mailto:brian@tatur.org) for more info on trail training.