



T U L S A

2025 Winter/Spr Training Schedule

Full Marathon - Beginner

Week	Week of	Sun	Mon (miles)	Tues (miles)	Wed	Thurs (miles)	Fri	Sat (miles)
1	12/15	off / X-train	3	4	off / X-train	4	off	5
2	12/22	off / X-train	3	4	off / X-train	4	off	6
3	12/29	off / X-train	RINY 5k!	4	off / X-train	4	off	7
4	01/05	off / X-train	4	4-5	off / X-train	4	off	7
5	01/12	off / X-train	4	5	off / X-train	4	off	8
6	01/19	off / X-train	5	4	off / X-train	5	off	9
7	01/26	off / X-train	4	4-5	off / X-train	5	off	10
8	02/02	off / X-train	6	5	off / X-train	5	off	12
9	02/09	off / X-train	5	6	off / X-train	5	off	10
10	02/16	off / X-train	6	5	off / X-train	5	off	14
11	02/23	off / X-train	5	5	off / X-train	6	off	12
12	03/02	off / X-train	5	6	off / X-train	5	off	15
13	03/09	off / X-train	6	5	off / X-train	4-5	off	16
14	03/16	off / X-train	5	6	off / X-train	5	off	15
15	03/23	off / X-train	6	3-4	off / X-train	5-6	off	18
16	03/30	off / X-train	3-4	4-5	off / X-train	5	off	16
17	04/06	off / X-train	5	4-5	off / X-train	5	off	20
18	04/13	off / X-train	5	6	off / X-train	5	off	8
19	04/20		5	4		3	off	0
		RACE!						