

17 Week Training Schedule
 (From 20 mile a week basis for at least one month)

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	TOTALMILEAGE
1	OFF	3	3	3	3	6	2	20
2	OFF	3	3	3	3	8	2	22
3	OFF	3	3	3	3	10	3	25
4	OFF	3	5	3	4	12	3	30
5	OFF	3	5	3	4	10	3	28
6	OFF	3	4	3	3	14	3	30
7	OFF	3	5	3	3	16	3	33
8	OFF	5	6	4	6	12	4	37
9	OFF	4	6	4	4	18	4	40
10	OFF	4	8	4	6	3	20	45
11	OFF	4	4	4	4	12	4	32
12	OFF	4	8	4	6	3	20	45
13	OFF	4	4	4	4	4	12	32
14	OFF	4	8	4	6	3	20	45
15	OFF	4	4	4	4	4	12	32
16	OFF	4	4	4	4	4	8	28
17 Race Week	OFF	4	4	4	OFF	2	26.2	14 + Race

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