

OKC Memorial
Sunday, October 4, 2020

16 Week
Full Marathon Training Plan



Sunday

Monday

Tuesday

Wed

Thursday

Friday

Saturday

Week Of:

6/14/20	30 Min or CT	Rest	2 miles	Rest	2 miles	Rest	4 miles
6/21/20	30 Min or CT	Rest	2 miles	Rest	2 miles	CT or Rest	6 miles
6/28/20	30 Min or CT	Rest	3 miles	CT	3 miles	Rest	8 miles
7/5/20	30 Min or CT	Rest	4 miles	Rest	4 miles	Rest	10 miles
7/12/20	30 Min or CT	Rest	4 miles	Rest	4 miles	CT or Rest	12 miles
7/19/20	30 Min or CT	Rest	3 miles	CT	4 miles	Rest	6 miles
7/26/20	30 Min or CT	Rest	3 miles	CT	3 miles	Rest	14 miles
8/2/20	30 Min or CT	Rest	3 miles	CT	3 miles	Rest	16 miles
8/9/20	30 Min or CT	Rest	4 miles	CT	4 miles	Rest	18 miles
8/16/20	30 Min or CT	Rest	3 miles	Rest	3 miles	Rest	6 miles
8/23/20	30 Min or CT	Rest	4 miles	Rest	3 miles	Rest	20 miles
8/30/20	30 Min or CT	Rest	3 miles	CT	3 miles	CT	10 miles
9/6/20	30 Min or CT	Rest	3 miles	CT	3 miles	Rest	21 miles
9/13/20	30 Min or CT	Rest	3 miles	Rest	3 miles	Rest	23 miles
9/20/20	30 Min or CT	Rest	CT	Rest	3 miles	CT	10 miles
9/27/20	30 Min or CT	Rest	CT	2 miles	2 miles	Rest	40 Min

October 4, 2020

Race Day!!!

*CT-Crosstrain- Light weights and/or cardio (other than running)