

# Walk The Lake Training Schedule

Week	Date	Location	Time	B	1	2	3	4 *
		Register now! <a href="http://www.okcmarathon.com">www.okcmarathon.com</a>		Beginner	Beginner	Power	Power	Race
1	01-02	Stars & Stripes – Portland	8:00	0.5	2.0	3.0	3.0	6.0
2	01-09	Stars & Stripes – Portland	8:30	1.0	2.0	3.0	4.0	8.0
3	01-16	Lake Dam – East End – Lower Level Parking Lot	TBD	1.0	2.0	4.0	5.0	10.0
4	01-23	Lake Dam – East End – Lower Level Parking Lot	TBD	1.5	2.0	4.0	5.0	12.0
5	01-30	Stars & Stripes – Portland	8:00	1.5	3.0	4.0	6.0	10.0
6	02-06	Stars & Stripes – Portland	8:30	2.0	3.0	5.0	7.0	14.0
7	02-13	Louie's N.E. Parking Lot	TBD	2.0	2.0	4.0	8.0	16.0
8	02-20	Louie's N.E. Parking Lot	TBD	2.5	3.0	4.0	6.0	12.0
9	02-27	Stars & Stripes – Portland	8:00	2.5	3.0	5.0	7.0	18.0
10	03-06	West Side of Lake – Mile 3.5 Parking Lot	8:30	3.0	3.5	4.0	7.0	20.0
11	03-13	West Side of Lake – Mile 3.5 Parking Lot	TBD	2.5	3.0	5.0	9.5	12.0
12	03-20	Stars & Stripes – Portland	TBD	3.0	4.0	6.0	7.0	20.0
13	03-27	Stars & Stripes – Portland	8:00	3.5	3.0	6.0	7.0	12.0
14	04-03	Parking Lot South of Yacht Club	8:30	2.5	5.0	9.5	9.5	20.0
15	04-10	Golf Club House – South Parking Lot – Dutch Breakfast	8:30	3.0	2.0	5.0	6.0	12.0
16	04-17	Golf Club House – South Parking Lot – Dutch Breakfast	8:30	3.0	2.0	3.0	2.0	8.0
17	04-25	OKC Memorial Events – *** <b>6:30 AM Start</b>	TBD	3.1	3.1	6.2	13.1	26.2
<b>Congratulations, your total milage is:</b>				<b>38.1</b>	<b>47.6</b>	<b>80.7</b>	<b>112.1</b>	<b>236.2</b>

\*Same as Landrunner's 17 week marathon training schedule

\*\*Communication update – Check with Oklahoma Running website: [www.okcrunning.org](http://www.okcrunning.org)

\*\*\*OKC Memorial Marathon, Half, Relay, 5K Walk and Kid's Marathon: [www.okcmarathon.com](http://www.okcmarathon.com)

NOTE! To be put on "Walk the Lake" email list, email [Bill.Snipes@sterling-ins.com](mailto:Bill.Snipes@sterling-ins.com)