

Training Studio Endurance

Beginner Half Marathon

Beg. 1/2								
Pace			Training		Race		Long	
Week	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Base	XT	2	XT	2	OFF	3	OFF
2	Base	XT	3	XT	2	OFF	3	OFF
3	Base	XT	3	XT	2	OFF	4	OFF
4	Base	XT	3	XT	2	OFF	4	OFF
5	Base	XT	3	XT	3	OFF	5	OFF
6	Easy	XT	3	XT	2	OFF	4	OFF
7	Base	XT	3	XT	3	OFF	5	OFF
8	Base	XT	3	XT	3	OFF	5	OFF
9	Base	XT	3	XT	3	OFF	5	OFF
10	Easy	XT	3	XT	3	OFF	6	OFF
11	Build 1	XT	4	XT	3	OFF	6	OFF
12	Build 2	XT	4	XT	4	OFF	6	OFF
13	Easy	XT	3	XT	3	OFF	5	OFF
14	Build 1	XT	5	XT	3	OFF	7	OFF
15	Build 2	XT	5	XT	4	OFF	8	OFF
16	Easy	XT	4	XT	4	OFF	6	OFF
17	Build 1	XT	5	XT	4	OFF	9	OFF
18	Build 2	XT	5	XT	5	OFF	10	OFF
19	Easy	XT	5	XT	4	OFF	7	OFF
20	Build	XT	6	XT	5	OFF	11	OFF
21	Easy	XT	5	XT	5	OFF	7	OFF
22	Taper 1	XT	4	XT	4	OFF	6	OFF
23	Taper 2	XT	3	XT	3	OFF	RACE	OFF

Intermediate Half Marathon

Int. 1/2								
Pace		Training	Speed/T		Race		Long	
Week	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Base	4	3	XT	3	OFF	5	OFF
2	Base	4	3	XT	3	OFF	5	OFF
3	Base	4	3	XT	3	OFF	6	OFF
4	Base	4	3	XT	3	OFF	6	OFF
5	Base	4	3	XT	3	OFF	7	OFF
6	Base	4	3	XT	3	OFF	5	OFF
7	Base	4	4	XT	3	OFF	7	OFF
8	Base	4	4 x 800	XT	3	OFF	7	OFF
9	Base	4	4 x 800	XT	4	OFF	7	OFF
10	Base	4	4	XT	4	OFF	8	OFF
11	Build 1	5	5 X 800	XT	4	OFF	8	OFF
12	Build 2	5	5 x 800	XT	5	OFF	9	OFF
13	Easy	5	5	XT	4	OFF	7	OFF
14	Build 1	6	6 x 800	XT	5	OFF	9	OFF
15	Build 2	6	6 X 800	XT	6	OFF	10	OFF
16	Easy	6	6	XT	5	OFF	8	OFF
17	Build 1	7	7 x 800	XT	6	OFF	10	OFF
18	Build 2	7	7 X 800	XT	6	OFF	11	OFF
19	Easy	6	6	XT	5	OFF	8	OFF
20	Build	7	7 X 800	XT	7	OFF	11	OFF
21	Easy	6	6	XT	6	OFF	7	OFF
22	Taper 1	6	5	XT	5	OFF	6	OFF
23	Taper 2	4	4	XT	3	OFF	OFF	Race

Advanced Half Marathon

Adv. 1/2								
Pace		Training	Speed/T		Race		Long	Training
Week	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Base	5	4	XT	4	OFF	5	3
2	Base	5	4	XT	4	OFF	5	4
3	Base	5	4	XT	4	OFF	6	4
4	Base	5	4	XT	4	OFF	6	4
5	Base	5	4	XT	4	OFF	7	4
6	Base	5	5	XT	4	OFF	5	3
7	Base	5	5	XT	4	OFF	7	4
8	Base	5	4 x 800	XT	4	OFF	7	4
9	Base	5	4 x 800	XT	5	OFF	7	4
10	Base	5	4	XT	5	OFF	8	3
11	Build 1	5	5 X 800	XT	5	OFF	8	3
12	Build 2	6	5 x 800	XT	5	OFF	9	4
13	Easy	5	5	XT	5	OFF	7	XT
14	Build 1	6	6 x 800	XT	5	OFF	9	4
15	Build 2	7	6 X 800	XT	5	OFF	10	4
16	Easy	6	6	XT	6	OFF	8	XT
17	Build 1	7	7 x 800	XT	6	OFF	10	4
18	Build 2	7	7 X 800	XT	6	OFF	11	5
19	Easy	6	6	XT	6	OFF	8	XT
20	Build	8	8 X 800	XT	7	OFF	12	5
21	Easy	7	7	XT	6	OFF	8	XT
22	Taper 1	5	6	XT	6	OFF	6	XT
23	Taper 2	4	4	XT	3	OFF	OFF	Race