

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 | 2 | XT | 2 | OFF | 4 | OFF |
| 3 | Base | XT | 3 | XT | 2 | OFF | 5 | OFF |
| 4 | Base | XT | 4 | XT | 3 | OFF | 6 | OFF |
| 5 | Base | XT | 4 | XT | 4 | OFF | 7 | OFF |
| 6 | Easy | XT | 3 | XT | 3 | OFF | 5 | OFF |
| 7 | Build 1 | XT | 5 | XT | 3 | OFF | 7 | OFF |
| 8 | Build 2 | XT | 5 | XT | 4 | OFF | 8 | OFF |
| 9 | Easy | XT | 4 | XT | 4 | OFF | 6 | OFF |
| 10 | Build | XT | 6 | XT | 4 | OFF | 9 | OFF |
| 11 | Easy | XT | 5 | XT | 5 | OFF | City Run | OFF |
| 12 | Build | XT | 5 | XT | 6 | OFF | 11 | OFF |
| 13 | Easy | XT | 5 | XT | 4 | OFF | Papa John's | OFF |
| 14 | Build | XT | 6 | XT | 6 | OFF | 8 | OFF |
| 15 | Taper 1 | XT | 4 | XT | 4 | OFF | 6 | OFF |
| 16 | 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 | 4 | XT | 3 | OFF | 5 | OFF |
| 2 | Base | 4 | 4 | XT | 3 | OFF | 6 | OFF |
| 3 | Base | 5 | 4 | XT | 3 | OFF | 7 | OFF |
| 4 | Base | 5 | 4 | XT | 4 | OFF | 8 | OFF |
| 5 | Base | 5 | 5 | XT | 5 | OFF | 9 | OFF |
| 6 | Easy | 5 | 5 | XT | 4 | OFF | 7 | OFF |
| 7 | Build 1 | 6 | 5 X 800 | XT | 5 | OFF | 9 | OFF |
| 8 | Build 2 | 6 | 6 X 800 | XT | 5 | OFF | 10 | OFF |
| 9 | Easy | 6 | 6 | XT | 5 | OFF | 8 | OFF |
| 10 | Build | 6 | 6 x 800 | XT | 6 | OFF | 10 | OFF |
| 11 | Easy | 6 | 6 | XT | 5 | OFF | City Run | OFF |
| 12 | Build | 6 | 7 X 800 | XT | 6 | OFF | 11 | OFF |
| 13 | Easy | 6 | 6 | XT | 5 | OFF | Papa John's | OFF |
| 14 | Build | 7 | 7X 800 | XT | 7 | OFF | 8 | OFF |
| 15 | Taper 1 | 6 | 5 | XT | 5 | OFF | 6 | OFF |
| 16 | Taper 2 | 4 | 4 | XT | 3 | OFF | RACE | OFF |

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 | 6 | 4 |
| 3 | Base | 5 | 4 | XT | 5 | OFF | 7 | 4 |
| 4 | Base | 5 | 5 | XT | 5 | OFF | 8 | 3 |
| 5 | Base | 6 | 5 | XT | 5 | OFF | 9 | 4 |
| 6 | Easy | 5 | 5 | XT | 5 | OFF | 7 | XT |
| 7 | Build 1 | 6 | 5 x 800 | XT | 5 | OFF | 9 | 4 |
| 8 | Build 2 | 7 | 6 X 800 | XT | 5 | OFF | 10 | 4 |
| 9 | Easy | 6 | 6 | XT | 6 | OFF | 8 | XT |
| 10 | Build | 7 | 7 x 800 | XT | 6 | OFF | 10 | 4 |
| 11 | Easy | 6 | 6 | XT | 6 | OFF | City Run | XT |
| 12 | Build | 7 | 7 X 800 | XT | 6 | OFF | 11 | 5 |
| 13 | Easy | 7 | 7 | XT | 6 | OFF | Papa John's | XT |
| 14 | Build | 8 | 8 X 800 | XT | 7 | OFF | 8 | 5 |
| 15 | Taper 1 | 6 | 6 | XT | 6 | OFF | 6 | XT |
| 16 | Taper 2 | 4 | 4 | XT | 3 | OFF | RACE | OFF |