

# Training Studio Endurance

## Advanced Marathon

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

# Training Studio Endurance

## Intermediate Marathon

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

# Training Studio Endurance

## Beginner Marathon

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