

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	8	XT
3	Base	6	4	XT	6	OFF	8	XT
4	Base	6	4	XT	6	OFF	9	XT
5	Base	6	4	Xt	6	OFF	10	XT
6	Base	6	4	XT	6	OFF	10	XT
7	Base	7	4	XT	6	OFF	10	XT
8	Base	7	4	XT	6	OFF	10	XT
9	Base	7	4	XT	6	OFF	11	XT
10	Build	7	5 x 1	XT	7	OFF	12	XT
11	Easy	5	5	XT	5	OFF	13	XT
12	Build 1	8	5 x 1	XT	7	OFF	14	XT
13	Build 2	8	6 x 1	XT	8	OFF	15	XT
14	Easy	6	5	XT	6	OFF	16	XT
15	Build 1	9	6 x 1	XT	8	OFF	18	XT
16	Build 2	9	7 x 1	XT	9	OFF	20	XT
17	Easy	7	5	XT	7	OFF	13	XT
18	Build	9	7 x 1	XT	9	OFF	21	XT
19	Easy	8	5	XT	7	OFF	15	XT
20	Build	9	8 x 1	XT	9	OFF	23	XT
21	Taper 1	7	4	XT	4	OFF	12	XT
22	Taper 2	5	5	XT	4	OFF	8	XT
23	Taper 3	4	4	XT	3	OFF	2	RACE

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	8	XT
3	Base	5	3	XT	5	OFF	8	XT
4	Base	5	3	XT	5	OFF	9	XT
5	Base	5	3	XT	5	OFF	10	XT
6	Base	5	3	XT	5	OFF	10	XT
7	Base	6	3	XT	5	OFF	10	XT
8	Base	6	3	XT	5	OFF	10	XT
9	Base	6	3	XT	5	OFF	11	XT
10	Build	6	4 x 1	XT	6	OFF	12	XT
11	Easy	4	4	XT	4	OFF	13	XT
12	Build 1	7	4 x 1	XT	6	OFF	14	XT
13	Build 2	7	5 x 1	XT	7	OFF	15	XT
14	Easy	5	4	XT	5	OFF	16	XT
15	Build 1	8	5 x 1	XT	7	OFF	18	XT
16	Build 2	8	6 x 1	XT	8	OFF	20	XT
17	Easy	6	4	XT	6	OFF	13	XT
18	Build	8	6 x 1	XT	8	OFF	21	XT
19	Easy	7	4	XT	6	OFF	15	XT
20	Build	8	7 x 1	XT	8	OFF	23	XT
21	Taper 1	6	3	XT	3	OFF	12	XT
22	Taper 2	5	4	XT	3	OFF	8	XT
23	Taper 3	3	3	XT	3	OFF	2	Race

Training Studio Endurance

Beginner Marathon

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