

# Training Studio Endurance

## Beginner Half Marathon

Beg. 1/2								
Pace			Training		Race		Long	
Week	Description	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1/10	Base	XT	2	XT	2	OFF	3	OFF
1/17	Base	XT	2	XT	2	OFF	4	OFF
1/24	Base	XT	3	XT	2	OFF	5	OFF
1/31	Base	XT	4	XT	3	OFF	6	OFF
2/7	Base	XT	4	XT	4	OFF	7	OFF
2/14	Easy	XT	3	XT	3	OFF	5	OFF
2/21	Build 1	XT	5	XT	3	OFF	7	OFF
2/28	Build 2	XT	5	XT	4	OFF	8	OFF
3/7	Easy	XT	4	XT	4	OFF	City Run	OFF
3/14	Build	XT	6	XT	4	OFF	9	OFF
3/21	Easy	XT	5	XT	5	OFF	Papa John's	OFF
3/28	Build	XT	5	XT	6	OFF	11	OFF
4/4	Easy	XT	5	XT	4	OFF	10	OFF
4/11	Build	XT	6	XT	6	OFF	12	OFF
4/18	Taper 1	XT	4	XT	4	OFF	8	OFF
4/25	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
1/10	Base	4	4	XT	3	OFF	5	OFF
1/17	Base	4	4	XT	3	OFF	6	OFF
1/24	Base	5	4	XT	3	OFF	7	OFF
1/31	Base	5	4	XT	4	OFF	8	OFF
2/7	Base	5	5	XT	5	OFF	9	OFF
2/14	Easy	5	5	XT	4	OFF	7	OFF
2/21	Build 1	6	5 X 800	XT	5	OFF	9	OFF
2/28	Build 2	6	6 X 800	XT	5	OFF	10	OFF
3/7	Easy	6	6	XT	5	OFF	City Run	OFF
3/14	Build	6	6 x 800	XT	6	OFF	10	OFF
3/21	Easy	6	6	XT	5	OFF	Papa John's	OFF
3/28	Build	6	7 X 800	XT	6	OFF	11	OFF
4/4	Easy	6	6	XT	5	OFF	10	OFF
4/11	Build	7	7X 800	XT	7	OFF	12	OFF
4/18	Taper 1	6	5	XT	5	OFF	8	OFF
4/25	Taper 2	4	4	XT	3	OFF	RACE	OFF

## *Advanced Half Marathon*

<b>Adv. 1/2</b>								
<b>Pace</b>		<b>Training</b>	<b>Speed/T</b>		<b>Race</b>		<b>Long</b>	<b>Training</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>
1/10	Base	5	4	XT	4	OFF	5	3
1/17	Base	5	4	XT	4	OFF	6	4
1/24	Base	5	4	XT	5	OFF	7	4
1/31	Base	5	5	XT	5	OFF	8	3
2/7	Base	6	5	XT	5	OFF	9	4
2/14	Easy	5	5	XT	5	OFF	7	XT
2/21	Build 1	6	5 x 800	XT	5	OFF	9	4
2/28	Build 2	7	6 X 800	XT	5	OFF	10	4
3/7	Easy	6	6	XT	6	OFF	City Run	XT
3/14	Build	7	7 x 800	XT	6	OFF	10	4
3/21	Easy	6	6	XT	6	OFF	Papa John's	XT
3/28	Build	7	7 X 800	XT	6	OFF	11	5
4/4	Easy	7	7	XT	6	OFF	10	XT
4/11	Build	8	8 X 800	XT	7	OFF	12	5
4/18	Taper 1	6	6	XT	6	OFF	8	XT
4/25	Taper 2	4	4	XT	3	OFF	RACE	OFF