

# 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*

<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	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