

## E3 Training Solutions

### Entry Level Program - Half Marathon



Week	Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
1	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	10.5
	Distance in miles		3		3.5		4	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
2	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	11.5
	Distance in miles		3		3.5		5	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
3	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	11
	Distance in miles		2.5		2.5		6	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
4	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	13
	Distance in miles		3		3		7	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
5	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	12
	Distance in miles		3		3		6	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
6	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	14.5
	Distance in miles		2.5		4		8	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
7	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	12.5
	Distance in miles		2.5		3		7	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
8	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	16
	Distance in miles		4		3		9	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
9	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	17.5
	Distance in miles		3.5		4		10	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
10	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	19
	Distance in miles		4		4		11	30-45 min	
	Pace		E-W/J pace		E pace		E-W/J pace	E pace	
11	Workout type	Day Off	Regular	Day Off	Regular	Day Off	Long Run	Cross	15
	Distance in miles		3.5		3.5		8	30-45 min	
	Pace		E-W/J pace		E pace		E pace	E pace	
12	Workout type	Day Off	Regular	Day Off	Regular	Day Off	13.1		19
	Distance in miles		3		3		Race		
	Pace		E-W/J pace		E pace				

#### Notes

Fartlek = constant speed play intervals, number in parentheses represents the time/distance done at very easy pace as rest  
Track = sets done in a track, number in parentheses represents the time/distance done at Threshold pace as rest  
Cross = Crosstraining, some aerobic activity like elliptical machine, spinning/cycling. Keep the distance and duration short/easy  
W/J = means a break of walking or jogging  
Easy pace (E) - is a pace you in which you can hold a conversation and your breathing is not too intense  
Moderate pace (M) - is a pace in you could complete a 3hr or longer run, your breathing becomes a bit more intense  
Threshold pace (T) - is a pace in which could sustain running a 10Km race; your breathing becomes rather intense

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## E3 Training Solutions Beginner Level Program - Half Marathon



Week	Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
1	Workout type	Day Off	Regular 3	Day Off	Regular 3	Day Off	Long Run 5	Regular 3	14
	Distance in miles		E pace		E pace		E pace	E pace	
	Pace								
2	Workout type	Day Off	Regular 3	Day Off	Regular 3	Day Off	Long Run 6	Regular 3	15
	Distance in miles		E pace		E pace		E pace	E pace	
	Pace								
3	Workout type	Day Off	Regular 3	Day Off	Regular 4	Day Off	Long Run 7	Regular 3	17
	Distance in miles		E pace		E pace		E pace	E pace	
	Pace								
4	Workout type	Day Off	Regular 3	Day Off	Regular 3	Day Off	Long Run 5	Regular 3	14
	Distance in miles		E pace		E pace		E pace	E pace	
	Pace								
5	Workout type	Day Off	Fartlek (2 miles) 4	Day Off	Regular 4	Day Off	Long Run 7	Regular 3	18
	Distance in miles		M / E pace		E pace		E pace	E pace	
	Pace								
6	Workout type	Day Off	Track (3x800mts) 4	Day Off	Regular 5	Day Off	Long Run 6	Regular 4	19
	Distance in miles		T / E pace		E pace		E pace	E pace	
	Pace								
7	Workout type	Day Off	Fartlek (2.5 miles) 4.5	Day Off	Regular 3	Day Off	Long Run 8	Cross 30-45min	15.5
	Distance in miles		M / E pace		E pace		E pace	E pace	
	Pace								
8	Workout type	Day Off	Track (2x1 mile) 4.5	Day Off	Regular 4	Day Off	Long Run 10	Regular 3	21.5
	Distance in miles		T / E pace		E pace		E pace	E pace	
	Pace								
9	Workout type	Day Off	Fartlek (3 miles) 5	Day Off	Regular 4	Day Off	Long Run 9	Regular 4	22
	Distance in miles		M / E pace		E pace		E pace	E pace	
	Pace								
10	Workout type	Day Off	Track (4x800mts) 4.5	Day Off	Regular 4.5	Day Off	Long Run 11	Regular 3	23
	Distance in miles		T / E pace		E pace		E pace	E pace	
	Pace								
11	Workout type	Day Off	Track (3x800mts) 4	Day Off	Regular 3	Day Off	Long Run 8	Cross 30-45min	15
	Distance in miles		T / E pace		E pace		E pace	E pace	
	Pace								
12	Workout type	Day Off	Regular 4	Regular 3	Regular 3	Day Off	13.1 Race		23
	Distance in miles		E pace	E pace	E pace				
	Pace								

### Notes

Fartlek = constant speed play intervals, number in parentheses represents the time/distance done at very easy pace as rest  
 Cross = Crosstraining, some aerobic activity like elliptical machine, spinning/cycling. Keep the distance and duration short/easy  
 Track = sets done in a track, number in parentheses represents the time/distance done at Threshold pace as rest  
 Easy pace (E) - is a pace you in which you can hold a conversation and your breathing is not too intense  
 Moderate pace (M) - is a pace in you could complete a 3hr or longer run, your breathing becomes a bit more intense  
 Threshold pace (T) - is a pace in which could sustain running a 10Km race; your breathing becomes rather intense

## E3 Training Solutions Intermediate Level Program - Half Marathon



Week	Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
1	Workout type	Day Off	Regular	Regular	Regular	Day Off	Long Run	Regular	21
	Distance in miles		4	3	4		7	3	
	Pace		E pace	M pace	E pace		E pace	E pace	
2	Workout type	Day Off	Regular	Regular	Regular	Day Off	Long Run	Regular	21
	Distance in miles		4	3	5		6	3	
	Pace		E pace	M pace	E pace		E pace	E pace	
3	Workout type	Day Off	Regular	Regular	Regular	Day Off	Long Run	Regular	19
	Distance in miles		3	3	4		6	3	
	Pace		E pace	M pace	E pace		E pace	E pace	
4	Workout type	Day Off	Track (2x1 mile)	Regular	Regular	Day Off	Long Run	Regular	23
	Distance in miles		5	3	5		7	3	
	Pace		T / E pace	E pace	E pace		E pace	E pace	
5	Workout type	Day Off	Fartlek (2.5 miles)	Regular	Regular	Day Off	Long Run	Regular	23.5
	Distance in miles		4.5	4	5		7	3	
	Pace		M / E pace	E pace	E pace		E pace	E pace	
6	Workout type	Day Off	Track (4x800mts)	Regular	Regular	Day Off	Long Run	Regular	21.5
	Distance in miles		4.5	3	4		7	3	
	Pace		T / E pace	E pace	M pace		E pace	E pace	
7	Workout type	Day Off	Fartlek (3 miles)	Regular	Regular	Day Off	Long Run	Regular	24.5
	Distance in miles		5	3.5	4		8	4	
	Pace		M / E pace	E pace	M pace		E pace	E pace	
8	Workout type	Day Off	Track (3x1 mile)	Regular	Regular	Day Off	Long Run	Regular	26
	Distance in miles		6	3	4		10	3	
	Pace		T / E pace	E pace	E pace		E pace	E pace	
9	Workout type	Day Off	Fartlek (4 miles)	Regular	Regular	Day Off	Long Run	Regular	24
	Distance in miles		6	3	3		9	3	
	Pace		T / E pace	E pace	M pace		E pace	E pace	
10	Workout type	Day Off	Track (6x800mts)	Regular	Regular	Day Off	Long Run	Regular	28
	Distance in miles		6	3	3		12	4	
	Pace		T / E pace	E pace	E pace		E pace	E pace	
11	Workout type	Day Off	Fartlek (2 miles)	Day Off	Regular	Day Off	Long Run	Regular	18
	Distance in miles		4		3		8	3	
	Pace		T / E pace		M pace		E pace	E pace	
12	Workout type	Day Off	Track (3x800mts)	Regular	Regular	Day Off	13.1		24
	Distance in miles		4	4	3		Race		
	Pace		T / E pace	E pace	E pace				

### Notes

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Track = sets done in a track, number in parentheses represents the time/distance done at Threshold pace as rest

Easy pace (E) - is a pace you in which you can hold a conversation and your breathing is not too intense

Moderate pace (M) - is a pace in you could complete a 3hr or longer run, your breathing becomes a bit more intense

Threshold pace (T) - is a pace in which could sustain running a 10Km race; your breathing becomes rather intense

## E3 Training Solutions

### Advance Level Program - Half Marathon



Week	Details	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Miles
1	Workout type	Day Off	Regular 5	Regular 3	Moderate 4	Regular 4	Long Run 6	Regular 3	25
	Distance in miles		E pace	E pace	M pace	E pace	E pace	E pace	
	Pace								
2	Workout type	Day Off	Regular 5	Regular 3	Moderate 5	Regular 3	Long Run 5	Regular 4	25
	Distance in miles		E pace	E pace	M pace	E pace	E pace	E pace	
	Pace								
3	Workout type	Day Off	Fartlek (3 miles) 5	Regular 3	Moderate 4	Regular 3	Long Run 5	Regular 3	23
	Distance in miles		T / E pace	E pace	M pace	E pace	E pace	E pace	
	Pace								
4	Workout type	Day Off	Fartlek (3 miles) 5	Regular 3	Moderate 5	Regular 3	Long Run 7	Regular 3	26
	Distance in miles		T / E pace	E pace	M pace	E pace	E pace	E pace	
	Pace								
5	Workout type	Day Off	Fartlek (3 miles) 5	Regular 3	Moderate 5	Regular 3	Long Run 7	Regular 4	27
	Distance in miles		T / E pace	E pace	M pace	E pace	E pace	E pace	
	Pace								
6	Workout type	Day Off	Track (6x800mts) 6.5	Regular 3	Moderate 4.5	Day Off	Long Run 7	Regular 3	24
	Distance in miles		T / E pace	E pace	M pace		E pace	E pace	
	Pace								
7	Workout type	Day Off	Fartlek (3.5 miles) 5.5	Regular 3	Moderate 5	Regular 3	Long Run 8	Regular 4	28.5
	Distance in miles		T / E pace	E pace	E pace	E pace	E pace	E pace	
	Pace								
8	Workout type	Day Off	Track (4x1 mile) 7	Regular 3	Moderate 4.5	Regular 3	Long Run 10	Regular 3	30.5
	Distance in miles		T / E pace	E pace	M pace	E pace	E pace	E pace	
	Pace								
9	Workout type	Day Off	Fartlek (4 miles) 6	Regular 3	Moderate 4	Day Off	Long Run 9	Regular 4	26
	Distance in miles		T / E pace	E pace	M pace		E pace	E pace	
	Pace								
10	Workout type	Day Off	Track (8x800mts) 7	Regular 3	Moderate 5	Regular 3	Long Run 12	Regular 3	33
	Distance in miles		T / E pace	E pace	M pace	E pace	E pace	E pace	
	Pace								
11	Workout type	Day Off	Fartlek (3 miles) 5	Regular 3	Moderate 4	Regular 3	Long Run 10	Day Off	25
	Distance in miles		T / E pace	E pace	M pace	E pace	E pace		
	Pace								
12	Workout type	Day Off	Track (4x800mts) 4.5	Regular 3	Regular 4	Day Off	13.1 Race		25
	Distance in miles		T / E pace	E pace	E pace				
	Pace								

#### Notes

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Track = sets done in a track, number in parentheses represents the time/distance done at Threshold pace as rest

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Moderate pace (M) - is a pace in you could complete a 3hr or longer run, your breathing becomes a bit more intense

Threshold pace (T) - is a pace in which could sustain running a 10Km race; your breathing becomes rather intense