



A Runner's Playground

2024

15-Week Intermediate Half Marathon Training Plan

Training plans presented by: **GARMIN**

This 15-week intermediate half marathon training plan is designed for someone with a strong running base and who has probably run at least a 10K. If you're using this plan, you should begin your training on January 22.

**RUN
+PGH
=FUN**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 January 22-28	Rest	30 min. Run	Rest Optional: Cross or Strength Training	35 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	4 miles Run
2 Jan. 29 - Feb. 4	Rest	30 min. Run	Rest Optional: Cross or Strength Training	35 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	5 miles Run
3 February 5-11	Rest	35 min. Run	Rest Optional: Cross or Strength Training	40 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	5 miles Run



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4 February 12-18	Rest	40 min. Run	Rest Optional: Cross or Strength Training	40 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	6 miles Run
5 February 19-25	Rest	40 min. Run	Rest Optional: Cross or Strength Training	45 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	7 miles Run
6 Feb. 26 - March 3	Rest	45 min. Run	Rest Optional: Cross or Strength Training	45 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	8 miles Run
7 March 4-10	Rest	45 min. Run	Rest Optional: Cross or Strength Training	45 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	9 miles Run
8 March 11-17	Rest	50 min. Run	Rest Optional: Cross or Strength Training	50 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	10 miles Run
9 March 18-24	Rest	40 min. Run	Rest Optional: Cross or Strength Training	45 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	7 miles Run



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10 March 25-31	Rest	50 min. Run	Rest Optional: Cross or Strength Training	50 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	11 miles Run
11 April 1-7	Rest	60 min. Run	Rest Optional: Cross or Strength Training	55 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	12 miles Run
12 April 8-14	Rest	55 min. Run	Rest Optional: Cross or Strength Training	55 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	13 miles Run
13 April 15-21	Rest	60 min. Run	Rest Optional: Cross or Strength Training	55 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	14 miles Run
14 April 22-28	Rest	50 min. Run	Rest Optional: Cross or Strength Training	50 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	8 miles Run
15 April 29 - May 5	Rest	45 min. Run	Rest	40 min. Run	Rest	Complete the STEEL Challenge at the Pittsburgh 5K Run!	 RACE DAY!