



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



16-WEEK ADVANCED HALF MARATHON TRAINING PLAN

This 16-week advanced half marathon training plan is designed for someone with a strong running base and has run a half marathon previously. If you're using this plan, you should begin your training on January 13.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 January 13-19	45 min. Run	Rest	4 miles Run	Rest	4 miles Run	Rest	7.5 miles Run
2 January 20-26	Rest	4.5 miles Run	5 miles Run	Rest	5 miles Run	Rest	8 miles Run
3 Jan 27 - Feb 2	Rest	6 miles Run	6.5 miles Run	Rest	3.75 miles Run	Rest	8.5 miles Run
4 February 3-9	Rest	4.5 miles Run	3.5 miles Run	Rest	3.25 miles Run	Rest	5 miles Run



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 February 10-16	Rest	6 miles Run	5.5 miles Run	Rest	5.5 miles Run	Rest	9.5 miles Run
6 February 17-23	Rest	6 miles Run	6.5 miles Run	Rest	5 miles Run	Rest	10 miles Run
7 Feb 24 - Mar 2	Rest	6 miles Run	7 miles Run	Rest	5.5 miles Run	Rest	11 miles Run
8 March 3-9	Rest	5.5 miles Run	4.5 miles Run	Rest	4 miles Run	Rest	6 miles Run
9 March 10-16	Rest	6 miles Run	8 miles Run	Rest	5 miles Run	Rest	12 miles Run
10 March 17-23	Rest	6 miles Run	6.5 miles Run	Rest	5 miles Run	Rest	14 miles Run

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 March 24-30	Rest	6 miles Run	7 miles Run	Rest	4.5 miles Run	Rest	15 miles Run
12 Mar 31 - Apr 6	Rest	5 miles Run	5 miles Run	Rest	3.25 miles Run	Rest	7.5 miles Run
13 April 7-13	Rest	5.5 miles Run	8 miles Run	Rest	7 miles Run	Rest	14 miles Run
14 April 14-20	Rest	5.5 miles Run	8 miles Run	Rest	7 miles Run	Rest	11 miles Run
15 April 21-27	Rest	6 miles Run	7.5 miles Run	Rest	7 miles Run	Rest	8 miles Run
16 Apr 28 - May 4	Rest	4 miles Run	Rest	5.5 miles Run	Rest	Rest	

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GARMIN

NOTES:

Long Run: Focused on building endurance to prepare for the goal race distance. These runs are critical for increasing stamina and developing the ability to sustain effort over long distances.

Rest Day: Dedicated to recovery from active training days. Rest days may include optional cross-training activities, such as strength training, cycling, swimming, or yoga, performed a few times a week to support overall fitness and injury prevention.

Easy Run: Performed at a comfortable pace, allowing you to maintain a conversation with a training partner. Most of your weekly mileage should fall within this category to promote consistent, sustainable progress.

Speed Day: Best suited for Wednesdays, these runs offer an opportunity to include faster running, such as tempo, steady-state, or intervals, based on your preference and goals. They are optional and can be tailored to your needs.