

#### TRAINING PLANS PRESENTED BY

### GARMIN.

#### 16-WEEK INTERMEDIATE HALF MARATHON TRAINING PLAN

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

POWERED BY **ZUNNC** 

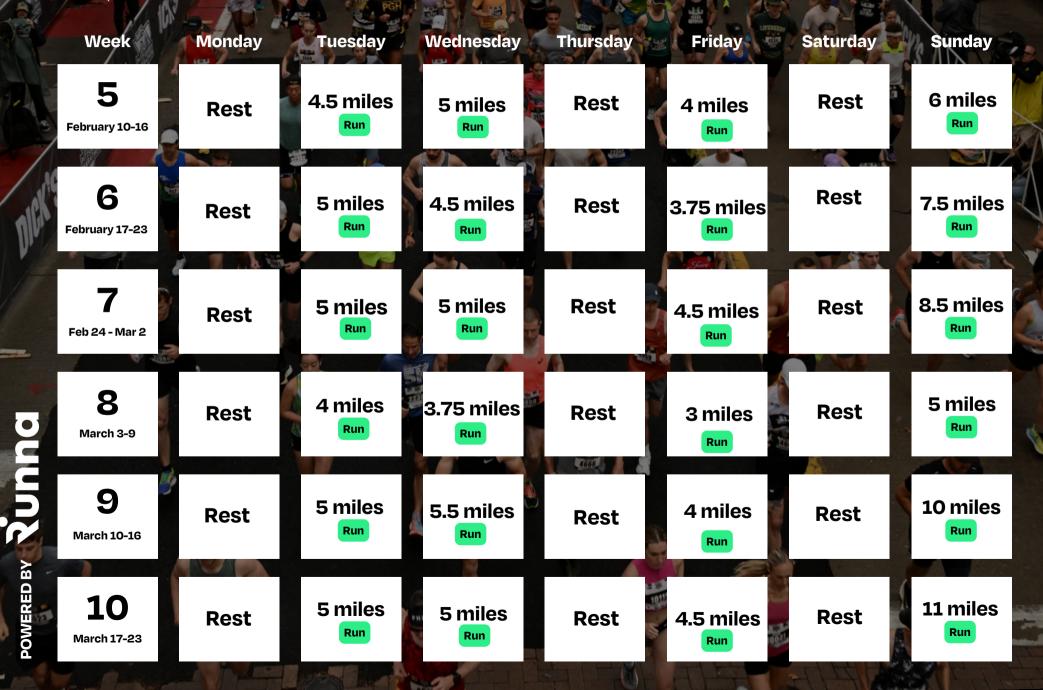
We	ek	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January	13-19	3 miles <sup>Run</sup>	Rest	3.5 miles	Rest	2.75 miles	Rest	4.5 miles
2 January		Rest	4.5 Miles	3.75 Miles	Rest	2.75 miles	Rest	5 miles <sup>Run</sup>
Jan 27 -		Rest	4.5 miles	5 miles Run	Rest	2.5 miles	Rest	5.5 miles
Februar	- 8	Rest	3.25 miles <sup>Run</sup>	2.5 miles	Rest	2.75 miles	Rest	3.75 miles Run



### **START STRONG** FINISH STRONGER

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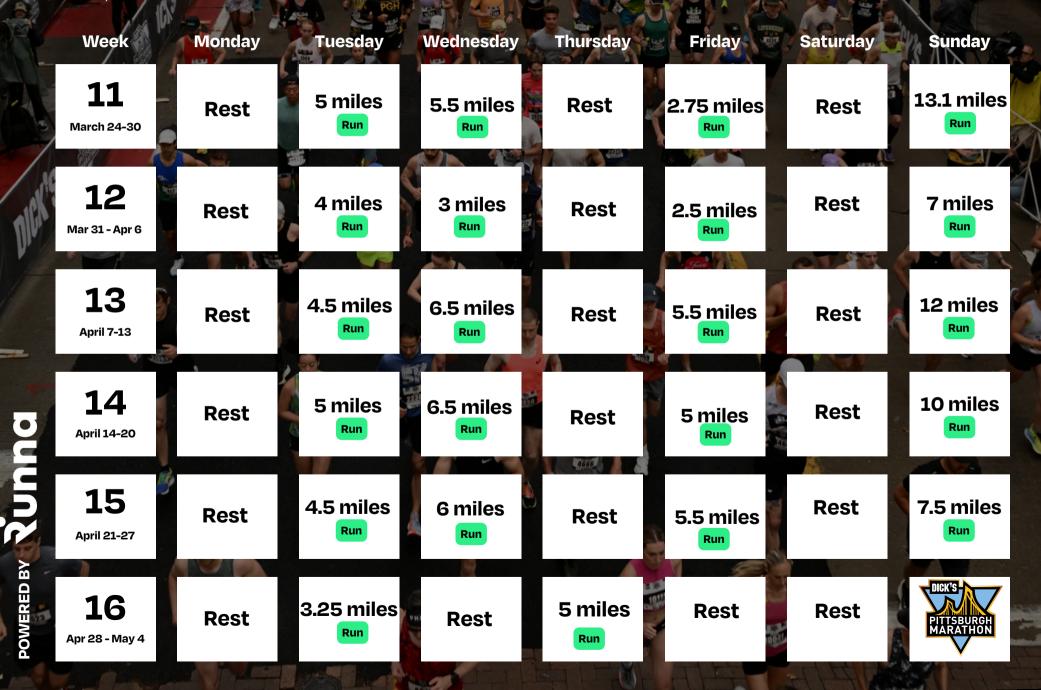


2025

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#### 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.