



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



12-WEEK INTERMEDIATE HALF MARATHON TRAINING PLAN

This 12-week intermediate half marathon training plan is designed for runners with a solid running base, ideally having completed at least a 10K. Training begins on February 10.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb 10-16	2.5 mi Run	Rest	Rest	2.5 mi Run	Rest	Rest	5 miles Run
2 Feb 17-23	Rest	Rest	3 mi Run	Rest	3 mi Run	Rest	6 miles Run
3 Feb 24 - Mar 2	3 mi Run	Rest	3 mi Run	Rest	3 mi Run	Rest	7 miles Run
4 Mar 3-9	3.5 mi Run	Rest	3.5 mi Run	Rest	3.5 mi Run	Rest	8 miles Run



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Mar 10-16	4 mi Run	Rest	4 mi Run	Rest	4 mi Run	Rest	10 miles Run
6 Mar 17-23	4 mi Run	Rest	4.5 mi Run	Rest	4 mi Run	Rest	11 miles Run
7 Mar 24 - Mar 30	4 mi Run	Rest	5 mi Run	Rest	4 mi Run	Rest	12 miles Run
8 Mar 31-Apr 6	4 mi Run	Rest	5.5 mi Run	Rest	4 mi Run	Rest	10 miles Run
9 Apr 7-13	4 mi Run	Rest	6 mi Run	Rest	4 mi Run	Rest	9 miles Run
10 Apr 14-20	4 mi Run	Rest	3.5 mi Run	Rest	3.5 mi Run	Rest	7 miles Run

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Week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

11

Apr 21-27

3 mi

Run

Rest

3 mi

Run

Rest

3 mi

Run

Rest

5 miles

Run

12

Apr 28 - May 4

3 mi

Run

Rest

2.5 mi

Run

Rest

2 mi

Run

Rest



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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.

Recovery Run: Best suited for the day after a long run, these easy-paced runs help promote blood flow, reduce soreness, and support overall recovery. Keep the effort very light—this run is all about feeling refreshed, not pushing the pace.