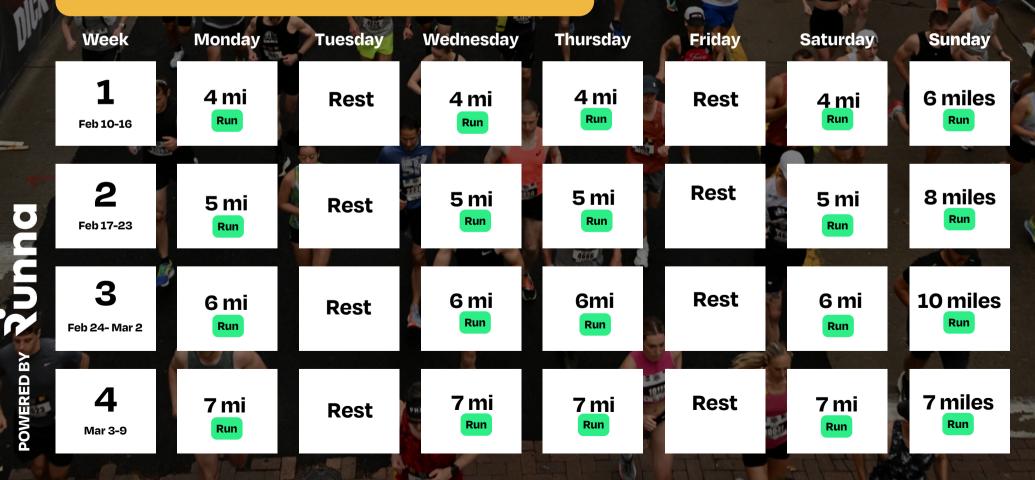


#### 12-WEEK ADVANCED HALF MARATHON TRAINING PLAN

This 12-week advanced half marathon training plan is designed for experienced runners looking to improve performance, build speed, and increase endurance. Training begins on February 10.

## **GARMIN**<sub>®</sub>

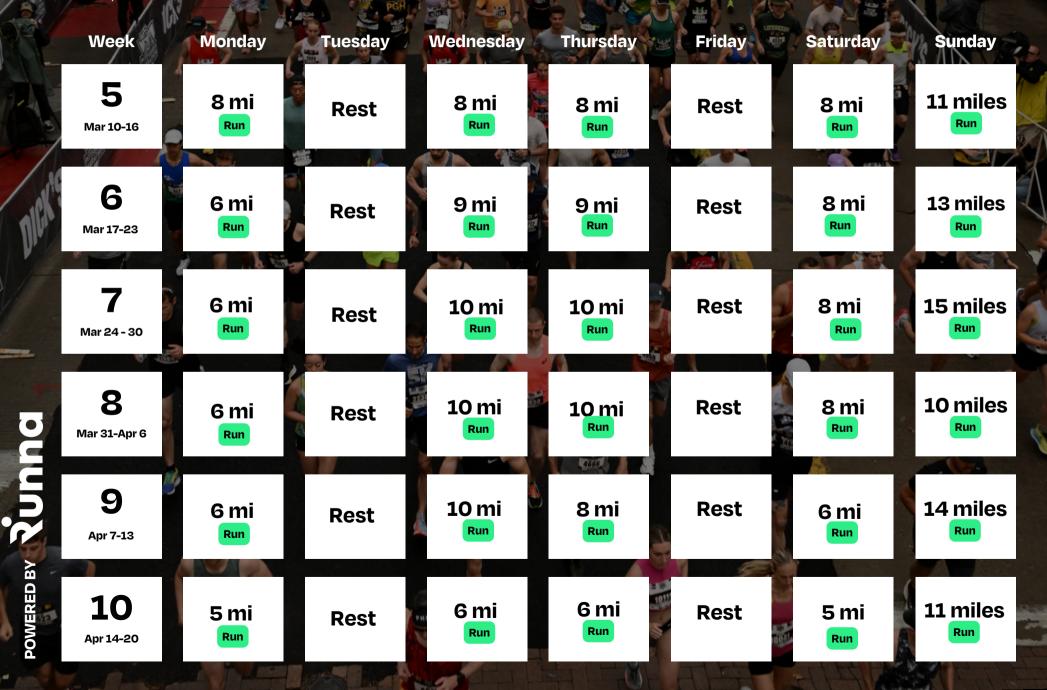
TRAINING PLANS PRESENTED BY





#### TRAINING PLANS PRESENTED BY

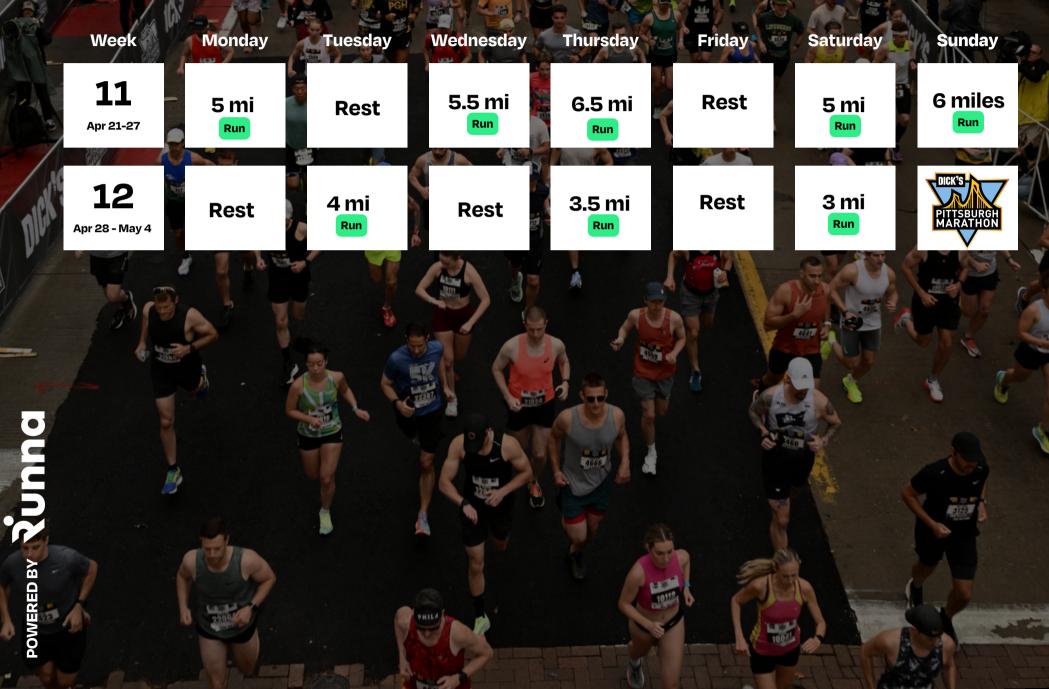
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**Long Run:** Focused on building endurance to prepare for the goal race distance. These runs are critical for increasing stamina and developing the ability to sustain effort over long distances.

**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.