



2025

START STRONG
FINISH STRONGER

TRAINING PLANS PRESENTED BY

GARMIN®

8-WEEK INTERMEDIATE/ADVANCED HALF MARATHON TRAINING PLAN

This 8-week half marathon training plan is designed for experienced runners looking to improve performance and already have a solid running base. Training begins on March 10.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar 10-16	4 mi Run	Rest	4 mi Run	4 mi Run	Rest	4 mi Run	6 miles Run
2 Mar 17-23	5 mi Run	Rest	5 mi Run	5 mi Run	Rest	5 mi Run	8 miles Run
3 Mar 24 - 30	6 mi Run	Rest	6 mi Run	6mi Run	Rest	6 mi Run	10 miles Run
4 Mar 31-Apr 6	7 mi Run	Rest	7 mi Run	7 mi Run	Rest	7 mi Run	7 miles Run

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Apr 7-13	8 mi Run	Rest	8 mi Run	8 mi Run	Rest	8 mi Run	11 miles Run
6 Apr 14-20	6 mi Run	Rest	9 mi Run	7 mi Run	Rest	6 mi Run	12 miles Run
7 Apr 21-27	5 mi Run	Rest	5 mi Run	5mi Run	Rest	5 mi Run	6 miles Run
8 Apr 28 - May 4	Rest	4 mi Run	Rest	3 mi Run	Rest	3 mi Run	

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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.