



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 12.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 JANUARY 12-18	4 MILES	4 MILES	4 MILES	4 MILES	3 MILES	10 MILES	REST
2 JANUARY 19-25	5 MILES	4 MILES	5 MILES	5 MILES	3 MILES	8 MILES	REST
3 JAN 26 - FEB 1	5 MILES	5 MILES	5 MILES	5 MILES	3 MILES	11 MILES	REST
4 FEBRUARY 2-8	5 MILES	5 MILES	REST	5 MILES	3 MILES	10 MILES	REST

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 FEBRUARY 9-15	5 MILES	5 MILES	3 MILES	5 MILES	3 MILES	12 MILES	REST
6 FEBRUARY 16-22	5 MILES	6 MILES	5 MILES	5 MILES	3 MILES	10 MILES	REST
7 FEB 23 - MAR 1	5 MILES	5 MILES	5 MILES	5 MILES	3 MILES	13 MILES	REST
8 MARCH 2-8	5 MILES	6 MILES	5 MILES	5 MILES	3 MILES	8 MILES	REST
9 MARCH 9-15	5 MILES	7 MILES	5 MILES	5 MILES	3 MILES	14 MILES	REST
10 MARCH 16-22	5 MILES	6 MILES	REST	5 MILES	3 MILES	10 MILES	REST



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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 MARCH 23-29	5 MILES	6 MILES	3 MILES	5 MILES	3 MILES	16 MILES	REST
12 MAR 30 - APR 5	REST	7 MILES	3 MILES	5 MILES	3 MILES	10 MILES	REST
13 APRIL 6-12	5 MILES	6 MILES	5 MILES	5 MILES	3 MILES	14 MILES	REST
14 APRIL 13-19	5 MILES	7 MILES	5 MILES	5 MILES	3 MILES	10 MILES	REST
15 APRIL 20-26	REST	5 MILES	5 MILES	5 MILES	REST	8 MILES	REST
16 APR 27 - MAY 3	3 MILES	5 MILES	REST	3 MILES	REST	REST OR Complete the STEEL Challenge	