



STEEL
EVERY MILE

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

POWERED BY **Runna**



STEEL
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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



POWERED BY **Runna**