



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN®

16-WEEK ADVANCED HALF MARATHON TRAINING PLAN

This 16-week advanced half marathon training plan is designed for someone with a strong running base and has 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	6 MILES	7 MILES	7 MILES	7 MILES	5 MILES	10 MILES	REST
2 JANUARY 19-25	6 MILES	7 MILES	7 MILES	7 MILES	5 MILES	12 MILES	REST
3 JAN 26 - FEB 1	5 MILES	8 MILES	8 MILES	8 MILES	5 MILES	13 MILES	REST
4 FEBRUARY 2-8	8 MILES	8 MILES	REST	8 MILES	5 MILES	10 MILES	REST



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5

FEBRUARY 9-15

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

14 MILES

REST

6

FEBRUARY 16-22

8 MILES

7 MILES

8 MILES

8 MILES

5 MILES

10 MILES

REST

7

FEB 23 - MAR 1

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

16 MILES

REST

8

MARCH 2-8

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

8 MILES

REST

9

MARCH 9-15

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

16 MILES

REST

10

MARCH 16-22

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

10 MILES

REST

POWERED BY **Runna**



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11

MARCH 23-29

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

18 MILES

REST

12

MAR 30 - APR 5

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

10 MILES

REST

13

APRIL 6-12

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

15 MILES

REST

14

APRIL 13-19

8 MILES

8 MILES

8 MILES

8 MILES

5 MILES

10 MILES

REST

15

APRIL 20-26

REST

6 MILES

8 MILES

8 MILES

5 MILES

8 MILES

REST

16

APR 27 - MAY 3

5 MILES

5 MILES

REST

5 MILES

REST

REST
OR

Complete the
STEEL Challenge



POWERED BY **Runna**