



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      |
|----------------------------|----------------|----------------|----------------|----------------|----------------|-----------------|-------------|
| <b>1</b><br>JANUARY 12-18  | <b>6 MILES</b> | <b>7 MILES</b> | <b>7 MILES</b> | <b>7 MILES</b> | <b>5 MILES</b> | <b>10 MILES</b> | <b>REST</b> |
| <b>2</b><br>JANUARY 19-25  | <b>6 MILES</b> | <b>7 MILES</b> | <b>7 MILES</b> | <b>7 MILES</b> | <b>5 MILES</b> | <b>12 MILES</b> | <b>REST</b> |
| <b>3</b><br>JAN 26 - FEB 1 | <b>5 MILES</b> | <b>8 MILES</b> | <b>8 MILES</b> | <b>8 MILES</b> | <b>5 MILES</b> | <b>13 MILES</b> | <b>REST</b> |
| <b>4</b><br>FEBRUARY 2-8   | <b>8 MILES</b> | <b>8 MILES</b> | <b>REST</b>    | <b>8 MILES</b> | <b>5 MILES</b> | <b>10 MILES</b> | <b>REST</b> |

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**GARMIN**

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**

FEB 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**



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| WEEK                        | MONDAY  | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY  | SATURDAY                                      | SUNDAY |
|-----------------------------|---------|---------|-----------|----------|---------|---|--------|
| <b>11</b><br>MARCH 23-29    | 8 MILES | 8 MILES | 8 MILES   | 8 MILES  | 5 MILES | 18 MILES                                      | REST   |
| <b>12</b><br>MAR 30 - APR 5 | 8 MILES | 8 MILES | 8 MILES   | 8 MILES  | 5 MILES | 10 MILES                                      | REST   |
| <b>13</b><br>APRIL 6-12     | 8 MILES | 8 MILES | 8 MILES   | 8 MILES  | 5 MILES | 15 MILES                                      | REST   |
| <b>14</b><br>APRIL 13-19    | 8 MILES | 8 MILES | 8 MILES   | 8 MILES  | 5 MILES | 10 MILES                                      | REST   |
| <b>15</b><br>APRIL 20-26    | REST    | 6 MILES | 8 MILES   | 8 MILES  | 5 MILES | 8 MILES                                       | REST   |
| <b>16</b><br>APR 27 - MAY 3 | 5 MILES | 5 MILES | REST      | 5 MILES  | REST    | REST<br>OR<br>Complete the<br>STEEL Challenge |        |