



**STEEL**  
EVERY MILE

TRAINING PLANS PRESENTED BY

**GARMIN**

# 12-WEEK ADVANCED HALF MARATHON TRAINING PLAN

This 12-week advanced half marathon training plan is designed for someone who has completed several half marathons and is hoping to improve their time. You should already be running 40+ miles a week. You should begin your training under this plan on Monday, February 9, 2026.

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





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**WEEK**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**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**

**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**

**8 MILES**

**15 MILES**

**REST**

**14**

**APRIL 13-19**

**8 MILES**

**8 MILES**

**8 MILES**

**8 MILES**

**8 MILES**

**10 MILES**

**REST**

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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**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



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