



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
5 FEBRUARY 9-15	6 MILES	8 MILES	6 MILES	8 MILES	5 MILES	12 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	14 MILES	REST
8 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



STEEL
EVERY MILE

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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



runna

POWERED BY