



**STEEL**  
EVERY MILE

TRAINING PLANS PRESENTED BY

**GARMIN**

# 12-WEEK INTERMEDIATE HALF MARATHON TRAINING PLAN

This 12-week intermediate half marathon training plan is designed for someone who has completed 2-3 half marathons, is hoping to improve their time, and is already running 20-25 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	3 MILES	5 MILES	3 MILES	5 MILES	3 MILES	8 MILES	REST
<b>6</b> FEBRUARY 16-22	5 MILES	6 MILES	3 MILES	5 MILES	3 MILES	10 MILES	REST
<b>7</b> FEB 23 - MAR 1	5 MILES	5 MILES	5 MILES	5 MILES	3 MILES	13 MILES	REST
<b>8</b> MARCH 2-8	5 MILES	6 MILES	5 MILES	5 MILES	3 MILES	8 MILES	REST





**STEEL**  
EVERY MILE

TRAINING PLANS PRESENTED BY

**GARMIN**

**WEEK**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**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**

**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**

POWERED BY **Runna**





**STEEL**  
EVERY MILE

TRAINING PLANS PRESENTED BY

**GARMIN**

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**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**