



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	<b>3 MILES</b>	<b>5 MILES</b>	<b>3 MILES</b>	<b>5 MILES</b>	<b>3 MILES</b>	<b>8 MILES</b>	<b>REST</b>
<b>6</b> FEBRUARY 16-22	<b>5 MILES</b>	<b>6 MILES</b>	<b>3 MILES</b>	<b>5 MILES</b>	<b>3 MILES</b>	<b>10 MILES</b>	<b>REST</b>
<b>7</b> FEB 23 - MAR 1	<b>5 MILES</b>	<b>5 MILES</b>	<b>5 MILES</b>	<b>5 MILES</b>	<b>3 MILES</b>	<b>13 MILES</b>	<b>REST</b>
<b>8</b> MARCH 2-8	<b>5 MILES</b>	<b>6 MILES</b>	<b>5 MILES</b>	<b>5 MILES</b>	<b>3 MILES</b>	<b>8 MILES</b>	<b>REST</b>



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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**



STEEL  
EVERY MILE

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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



runna

POWERED BY