



A Runner's Playground

2024

15-Week Beginner Half Marathon Training Plan

Training plans presented by: **GARMIN**

This 15-week beginner half marathon training plan is designed especially for someone training for their first-ever half marathon. If you're using this plan, you should begin your training on January 22. Go slowly and pace yourself. Remember that your end-goal is to jog/run for 13.1 miles - that takes endurance (not speed!). This plan can be done on a treadmill or outdoors.

**RUN
+PGH
=FUN**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 January 22-28	Rest	30 min. Run	Rest Optional: Cross or Strength Training	30 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	3.5 miles Run
2 Jan. 29 - Feb. 4	Rest	35 min. Run	Rest Optional: Cross or Strength Training	30 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	3.5 miles Run
3 February 5-11	Rest	35 min. Run	Rest Optional: Cross or Strength Training	35 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	4 miles Run



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4 February 12-18	Rest	40 min. Run	Rest Optional: Cross or Strength Training	40 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	4 miles Run
5 February 19-25	Rest	40 min. Run	Rest Optional: Cross or Strength Training	40 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	5 miles Run
6 Feb. 26 - March 3	Rest	45 min. Run	Rest Optional: Cross or Strength Training	45 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	6.5 miles Run
7 March 4-10	Rest	45 min. Run	Rest Optional: Cross or Strength Training	45 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	7.5 miles Run
8 March 11-17	Rest	50 min. Run	Rest Optional: Cross or Strength Training	50 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	9 miles Run
9 March 18-24	Rest	40 min. Run	Rest Optional: Cross or Strength Training	40 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	5 miles Run



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10 March 25-31	Rest	50 min. Run	Rest Optional: Cross or Strength Training	50 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	3.5 miles Run
11 April 1-7	Rest	50 min. Run	Rest Optional: Cross or Strength Training	50 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	3.5 miles Run
12 April 8-14	Rest	55 min. Run	Rest Optional: Cross or Strength Training	55 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	4 miles Run
13 April 15-21	Rest	55 min. Run	Rest Optional: Cross or Strength Training	55 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	3.5 miles Run
14 April 22-28	Rest	50 min. Run	Rest Optional: Cross or Strength Training	50 min. Run	Cross or Strength Train	Rest Optional: Cross or Strength Training	3.5 miles Run
15 April 29 - May 5	Rest	35 min. Run	Rest	35 min. Run	Rest	Complete the STEEL Challenge at the Pittsburgh 5K Run!	 RACE DAY!