



2025

START STRONG
FINISH STRONGER



12-WEEK FIRST YEAR MOVERS HALF MARATHON TRAINING PLAN

This 12-week beginner half marathon training plan is designed for someone looking to complete their first half, whether walking, running, or a combination of the two. If you're using this plan, you should begin your training on February 10.

TRAINING PLANS PRESENTED BY
GARMIN

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 February 10-16	10min Walk or Run	Rest	10min Walk or Run	Rest	10min Walk	2 Mile Walk or Run	Rest
2 Feb 17-23	15min Walk or Run	Rest	15min Walk or Run	Rest	10min Walk	3 Mile Walk or Run	Rest
3 Feb 24 - Mar 2	20min Walk or Run	Rest	20min Walk or Run	Rest	15min Walk	4 Mile Walk or Run	Rest
4 Mar 3-9	25min Walk or Run	Rest	25min Walk or Run	Rest	15min Walk	5 Mile Walk or Run	Rest





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Chicken of the Sea

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Mar 10-16	30min Walk or Run	Rest	30min Walk or Run	30min Walk or Run	20min Walk or Rest	6 Mile Walk or Run	Rest
6 Mar 17-23	30min Walk or Run	Rest	35min Walk or Run	30min Walk or Run	20min Walk or Rest	7 Mile Walk or Run	Rest
7 Mar 24 - Mar 30	30min Walk or Run	Rest	40min Walk or Run	30min Walk or Run	20min Walk or Rest	8 Mile Walk or Run	Rest
8 Mar 31-Apr 6	30min Walk or Run	Rest	45min Walk or Run	30min Walk or Run	20min Walk or Rest	9 Mile Walk or Run	Rest
9 Apr 7-13	30min Walk or Run	Rest	45min Walk or Run	30min Walk or Run	20min Walk or Rest	10 Mile Walk or Run	Rest
10 Apr 14-20	30min Walk or Run	Rest	45min Walk or Run	30min Walk or Run	20min Walk or Rest	11 Mile Walk or Run	Rest



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 Apr 21-27	25min Walk or Run	Rest	20min Walk or Run	Rest	20min Walk	6 Mile Walk or Run	Rest
12 Apr 28 - May 3	20min Walk or Run	Rest	15min Walk or Run	Rest	15min Walk		

Warm Up Properly – Start each run with dynamic stretching and a few minutes of easy jogging to prepare your muscles and reduce injury risk.

Cool Down & Stretch – After your workout, walk for a few minutes to bring your heart rate down, then do static stretches to aid recovery.

Listen to Your Body – Rest days are just as important as training days. If something feels off, take a break to prevent long-term issues.

Fuel Properly – Focus on a balanced diet with carbs, protein, and healthy fats like omega-3s to sustain energy levels, especially for longer distances.

Enjoy the Process – Training should be challenging but fun! Celebrate progress, listen to music or podcasts, and embrace the journey.



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Long Walk/Run: Focused on building endurance to prepare for the goal race distance. Completed on Saturdays, these are critical for increasing stamina and developing the ability to sustain effort over long distances.

Rest Day: Dedicated to recovery from active training days. Rest days may include optional cross-training activities, such as strength training, cycling, swimming, or yoga, performed a few times a week to support overall fitness and injury prevention.

Easy Walk/Run: Performed at a comfortable pace, allowing you to maintain a conversation with a training partner. Most of your weekly mileage should fall within this category to promote consistent, sustainable progress.

Speed Day: Best suited for Wednesdays, these days offer an opportunity to include faster walking or running based on your preference and goals. They are optional and can be tailored to your needs.