



16-WEEK FIRST YEAR MOVERS HALF MARATHON TRAINING PLAN



This 16-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 January 12.

TRAINING PLANS PRESENTED BY
GARMIN®



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 JANUARY 12-18	2 MILES	30 MIN. Cardio Cross Train	2 MILES	30 MIN. Cardio Cross Train	2 MILES	4 MILES	REST
2 JANUARY 19-25	3 MILES	30 MIN. Cardio Cross Train	3 MILES	30 MIN. Cardio Cross Train	3 MILES	4 MILES	REST
3 JAN 26 - FEB 1	3 MILES	45 MIN. Cardio Cross Train	4 MILES	45 MIN. Cardio Cross Train	3 MILES	5 MILES	REST
4 FEBRUARY 2-8	3 MILES	45 MIN. Cardio Cross Train	4 MILES	45 MIN. Cardio Cross Train	3 MILES	6 MILES	REST



Chicken of the Sea

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Mar 10-16	3 MILES	45 MIN. Cardio Cross Train	4 MILES	45 MIN. Cardio Cross Train	3 MILES	8 MILES	REST
6 Mar 17-23	3 MILES	45 MIN. Cardio Cross Train	5 MILES	45 MIN. Cardio Cross Train	3 MILES	6 MILES	REST
7 Mar 24 - Mar 30	3 MILES	45 MIN. Cardio Cross Train	5 MILES	45 MIN. Cardio Cross Train	3 MILES	8 MILES	REST
8 Mar 31-Apr 6	3 MILES	5 MILES	REST	45 MIN. Cardio Cross Train	3 MILES	6 MILES	REST
9 Apr 7-13	3 MILES	3 MILES	5 MILES	45 MIN. Cardio Cross Train	3 MILES	10 MILES	REST
10 Apr 14-20	3 MILES	5 MILES	REST	45 MIN. Cardio Cross Train	3 MILES	6 MILES	REST



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 Mar 10-16	3 MILES	3 MILES	5 MILES	45 MIN. Cardio Cross Train	3 MILES	12 MILES	REST
6 Mar 17-23	REST	45 MIN. Cardio Cross Train	5 MILES	45 MIN. Cardio Cross Train	3 MILES	6 MILES	REST
7 Mar 24 - Mar 30	3 MILES	5 MILES	3 MILES	45 MIN. Cardio Cross Train	3 MILES	10 MILES	REST
8 Mar 31-Apr 6	3 MILES	3 MILES	3 MILES	45 MIN. Cardio Cross Train	3 MILES	7 MILES	REST
9 Apr 7-13	3 MILES	5 MILES	3 MILES	45 MIN. Cardio Cross Train	3 MILES	5 MILES	REST
10 Apr 14-20	3 MILES	3 MILES	REST	3 MILES	REST	REST OR Complete the STEEL Challenge	



Chicken of the Sea

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.