



STEEL  
EVERY MILE

# 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
<b>1</b> JANUARY 12-18	<b>2 MILES</b>	<b>30 MIN.</b> Cardio Cross Train	<b>2 MILES</b>	<b>30 MIN.</b> Cardio Cross Train	<b>2 MILES</b>	<b>4 MILES</b>	<b>REST</b>
<b>2</b> JANUARY 19-25	<b>3 MILES</b>	<b>30 MIN.</b> Cardio Cross Train	<b>3 MILES</b>	<b>30 MIN.</b> Cardio Cross Train	<b>3 MILES</b>	<b>4 MILES</b>	<b>REST</b>
<b>3</b> JAN 26 - FEB 1	<b>3 MILES</b>	<b>45 MIN.</b> Cardio Cross Train	<b>4 MILES</b>	<b>45 MIN.</b> Cardio Cross Train	<b>3 MILES</b>	<b>5 MILES</b>	<b>REST</b>
<b>4</b> FEBRUARY 2-8	<b>3 MILES</b>	<b>45 MIN.</b> Cardio Cross Train	<b>4 MILES</b>	<b>45 MIN.</b> Cardio Cross Train	<b>3 MILES</b>	<b>6 MILES</b>	<b>REST</b>





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



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



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**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.