



TRAINING PLANS PRESENTED BY

**GARMIN**®

# 16-WEEK BEGINNER HALF MARATHON TRAINING PLAN

This 16-week beginner half marathon training plan is designed for someone with little running base and has probably run a 5K or 10K previously. If you're using this plan, you should begin your training on January 12.

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>



STEEL  
EVERY MILE

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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**5**

FEBRUARY 9-15

3 MILES

45 MIN.

Cardio Cross  
Train

4 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

8 MILES

REST

**6**

FEB 16-22

3 MILES

45 MIN.

Cardio Cross  
Train

5 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

6 MILES

REST

**7**

FEB 23 - MAR 1

3 MILES

45 MIN.

Cardio Cross  
Train

5 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

8 MILES

REST

**8**

MARCH 2-8

3 MILES

5 MILES

REST

45 MIN.

Cardio Cross  
Train

3 MILES

6 MILES

REST

**9**

MARCH 9-15

3 MILES

3 MILES

5 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

10 MILES

REST

**10**

MARCH 16-22

3 MILES

5 MILES

REST

45 MIN.

Cardio Cross  
Train

3 MILES

6 MILES

REST

STEEL  
EVERY MILE

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>11</b> MARCH 23-29	3 MILES	3 MILES	5 MILES	45 MIN. Cardio Cross Train	3 MILES	12 MILES	REST
<b>12</b> MAR 30 - APR 5	REST	45 MIN. Cardio Cross Train	5 MILES	45 MIN. Cardio Cross Train	3 MILES	6 MILES	REST
<b>13</b> APRIL 6-12	3 MILES	5 MILES	3 MILES	45 MIN. Cardio Cross Train	3 MILES	10 MILES	REST
<b>14</b> APRIL 13-19	3 MILES	3 MILES	3 MILES	45 MIN. Cardio Cross Train	3 MILES	7 MILES	REST
<b>15</b> APRIL 20-26	3 MILES	5 MILES	3 MILES	45 MIN. Cardio Cross Train	3 MILES	5 MILES	REST
<b>16</b> APR 27 - MAY 3	3 MILES	3 MILES	REST	3 MILES	REST	REST OR Complete the STEEL Challenge	