



**STEEL**  
EVERY MILE

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>



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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**

**FEBRUARY 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**

POWERED BY **Runna**



**STEEL**  
EVERY MILE

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**GARMIN**

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**11**

MARCH 23-29

3 MILES

3 MILES

5 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

12 MILES

REST

**12**

MAR 30 - APR 5

REST

45 MIN.

Cardio Cross  
Train

5 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

6 MILES

REST

**13**

APRIL 6-12

3 MILES

5 MILES

3 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

10 MILES

REST

**14**

APRIL 13-19

3 MILES

3 MILES

3 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

7 MILES

REST

**15**

APRIL 20-26

3 MILES

5 MILES

3 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

5 MILES

REST

**16**

APR 27 - MAY 3

3 MILES

3 MILES

REST

3 MILES

REST

REST  
OR

Complete the  
STEEL Challenge



POWERED BY **Runna**