



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN®

16-WEEK WALKING HALF MARATHON TRAINING PLAN

This 16-week half marathon walking division training plan is designed as an introductory fitness plan that prioritizes progress over pace. The plan is to exercise 4-5 days each week and gradually build from a 15-minute walk to a 4 hour walk (slightly faster than the 20-minute/mile pace requirement, so you have a little wiggle room on your pace!) and eventually incorporating some optional strength training. If you're aiming to complete this 16-week plan, you should begin your training on Monday, January 12, 2025.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 JANUARY 12-18	REST	15 MIN. Walk	REST	15 MIN. Walk	15 MIN. Walk	REST	20 MIN. Walk
2 JANUARY 19-25	REST	20 MIN. Walk	REST	20 MIN. Walk	20 MIN. Walk	REST	30 MIN. Walk
3 JAN 26 - FEB 1	REST	25 MIN. Walk	REST	25 MIN. Walk	35 MIN. Walk	REST	45 MIN. Walk
4 FEBRUARY 2-8	REST	3 MONTHS TO GO! 30 MIN. Walk	REST	30 MIN. Walk	30 MIN. Walk	REST	60 MIN. Walk



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5

FEBRUARY 9-15

REST

- WARM UP - 5 MIN.
- BRISK WALK - 20 MIN.
- COOL DOWN - 5 MIN.

30 MIN.

Cardio Cross
Train

REST

REST

30 MIN.

Strength Train
OR Walk

3 MILES

Walk

6

FEBRUARY 16-22

REST

- WARM UP - 5 MIN.
- BRISK WALK - 20 MIN.
- COOL DOWN - 5 MIN.

30 MIN.

Cardio Cross
Train

REST

REST

30 MIN.

Strength Train
OR Walk

4 MILES

Walk

7

FEB 23 - MAR 1

REST

- WARM UP - 5 MIN.
- BRISK WALK - 35 MIN.
- COOL DOWN - 5 MIN.

30 MIN.

Cardio Cross
Train

REST

REST

30 MIN.

Strength Train
OR Walk

5 MILES

Walk

8

MARCH 2-8

REST

2 MONTHS TO GO!
- WARM UP - 5 MIN.
- BRISK WALK - 35 MIN.
- COOL DOWN - 5 MIN.

30 MIN.

Cardio Cross
Train

REST

REST

30 MIN.

Strength Train
OR Walk

HALFWAY THERE!

5 MILES

Walk

9

MARCH 9-15

REST

- WARM UP - 5 MIN.
- BRISK WALK - 50 MIN.
- COOL DOWN - 5 MIN.

45 MIN.

Cardio Cross
Train

30 MIN.

Walk

REST

30 MIN.

Strength Train
OR Walk

6 MILES

Walk

10

MARCH 16-22

REST

- WARM UP - 5 MIN.
- BRISK WALK - 50 MIN.
- COOL DOWN - 5 MIN.

45 MIN.

Cardio Cross
Train

30 MIN.

Walk

REST

30 MIN.

Strength Train
OR Walk

3 MILES

Walk



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11

MARCH 23-29

REST

- WARM UP - 5 MIN.
- BRISK WALK - 50 MIN.
- COOL DOWN - 5 MIN.

45 MIN.

Cardio Cross
Train

30 MIN.

Walk

REST

30 MIN.

Strength Train
OR Walk

7 MILES

Walk

12

MAR 30 - APR 5

REST

- WARM UP - 5 MIN.
- BRISK WALK - 50 MIN.
- COOL DOWN - 5 MIN.

45 MIN.

Cardio Cross
Train

30 MIN.

Walk

1 MONTH TO GO!
REST

30 MIN.

Strength Train
OR Walk

8 MILES

Walk

13

APRIL 6-12

REST

- WARM UP - 5 MIN.
- BRISK WALK - 50 MIN.
- COOL DOWN - 5 MIN.

45 MIN.

Cardio Cross
Train

30 MIN.

Walk

REST

30 MIN.

Strength Train
OR Walk

6 MILES

Walk

14

APRIL 13-19

REST

- WARM UP - 5 MIN.
- BRISK WALK - 50 MIN.
- COOL DOWN - 5 MIN.

45 MIN.

Cardio Cross
Train

30 MIN.

Walk

REST

30 MIN.

Strength Train
OR Walk

HALFWAY THERE!

9 MILES

Walk

15

APRIL 20-26

REST

- WARM UP - 5 MIN.
- BRISK WALK - 30 MIN.
- COOL DOWN - 5 MIN.

45 MIN.

Cardio Cross
Train

10 DAYS LEFT!
30 MIN.

Walk

REST

30 MIN.

Strength Train
OR Walk

10 MILES

Walk

16

APR 27 - MAY 3

REST

30 MIN.

Walk

30 MIN.

Cardio Cross
Train

30 MIN.

Walk

REST

REST
OR

Complete the
STEEL Challenge





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NOTES:

Long Walks: Sunday will be your “long walk” days, gradually building you up from walking for 2 miles to walking for 10 miles. Focused on building endurance to prepare for the goal race distance. These walks are critical for increasing stamina and developing the ability to sustain effort over long distances. Monday will be a key rest day every week after your long walk - your muscles will need the break!

Brisk Walks: When the plan calls for a “brisk walk,” this means about 1-2 minutes/mile faster than your personal “slow walk.” The Half Marathon Walking Division has a time limit of 4 hours, 20 minutes - that’s about 20 minutes/mile (or 3 miles/hour). During the first four weeks of the plan, don’t worry about your pace at all - just focus on moving for the time prescribed. For the next eight weeks, you can think a bit about your pace but don’t worry about it too much - it’s more important to focus on distance. By the last four weeks of the training plan, your “brisk walk” should be at least 20 minutes/mile or faster.

Rest Days: Use them! If you’re new to training for an endurance event, you might be surprised by how quickly your body craves exercise! Don’t be tempted to do a heavy workout on your rest days - your body needs these rest days, especially as you ramp up your fitness and distance. You can also do something low-impact on these days like stretching or beginner yoga.

Cross Training: 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. For cardio cross training days, you can choose whatever low-impact cardio you like! Try swimming, using the rowing or elliptical machine, or cycling. This will get your heart rate up but be easy on your joints.