



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 |



TRAINING PLANS PRESENTED BY

GARMIN

| 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 |



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN

| 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 |  |



TRAINING PLANS PRESENTED BY

GARMIN®

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.