



TRAINING PLANS PRESENTED BY

**GARMIN**

# 12-WEEK BEGINNER HALF MARATHON TRAINING PLAN

This training plan is designed for those who are ready to take on their first-ever half marathon! You should already be running at least 10 miles a week regularly. If you're aiming to complete this 12-week plan, you should begin your training on Monday, February 9, 2026.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5</b> FEBRUARY 9-15	2 MILES	30 MIN. Cardio Cross Train	4 MILES	30 MIN. Cardio Cross Train	3 MILES	5 MILES	REST
<b>6</b> FEBRUARY 16-22	3 MILES	30 MIN. Cardio Cross Train	5 MILES	30 MIN. Cardio Cross Train	3 MILES	6 MILES	REST
<b>7</b> FEB 23 - MAR 1	3 MILES	45 MIN. Cardio Cross Train	5 MILES	45 MIN. Cardio Cross Train	3 MILES	8 MILES	REST
<b>8</b> MARCH 2-8	3 MILES	5 MILES	REST	45 MIN. Cardio Cross Train	3 MILES	6 MILES	REST



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**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

**11**

MARCH 23-29

3 MILES

3 MILES

4 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

5 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

10 MILES

REST

**14**

APRIL 13-19

3 MILES

3 MILES

5 MILES

45 MIN.

Cardio Cross  
Train

3 MILES

7 MILES

REST



STEEL  
EVERY MILE

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GARMIN®

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**15**

APRIL 20-26

3 MILES

5 MILES

5 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



runna

POWERED BY