

Garmin Half Marathon

Beginner Schedule

Goal: To finish the half marathon

Recommended Background: Beginner

Phase	Dates	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
Endurance	-----	O	C+R	SL	C/O	R	C/O	L	-----
	January 14-20		½-1	1-2		½ - 1		1-2	2.5-6
	January 21-27		½-1	1-2		½ - 1		1-2	2.5-6
	January 28-Feb. 3		½-1	1-2		1-2		2-3	4-8
Recovery	February 4-10		C/O	1		1		2-3	4-5
	February 11-17		1-2	2-3		1-2		3-4	6-11
	February 18-24		1-2	2-3		2-3		3-4	7-12
Recovery	Feb. 25-March 3		C/O	1-2		1-2		4-5	6-9
Strength	-----	O	C+R	SL	C/O	H	C/O	L	-----
	March 4-10		1-2	2-4		2-3		4-6	8-15
	March 11-17		1-2	3-4		2-3		5-6	10-15
Recovery	March 18-24		C/O	2		1-2R		6-8	9-12
	March 25-31		2-3	3-5		2-4		4-6	9-18
	April 1-7		2-3	4-5		3-4		8-10	15-22
Peak	-----	O	R/O	R	O	R	O	SL	-----
	April 8-14		1-3	3-4		3-4		6-8	12-19
	April 15-21		1-2	2-3		2-3		Garmin ½	4-8

Please Note:

- You can add 10-20 minutes of a warm up walk to any workout under 3 miles. Try to mix walking breaks into the run – going the distance is your main objective. A good strategy is to run 3-5 minutes, walk 1 minute.
- You can run 3 or 4 days a week and do the low or high end of the mileage ranges depending on how you feel that day. Pick up where you've left off and you'll do fine
- It's recommended to do a couple of tune up races before the half marathon to gain valuable race experience.
- Recovery weeks are built in to make sure you stay healthy and fresh enough for race day.

Quick Reference Guide

Training Phases

- Endurance Phase: main goal is to slowly build up endurance. Avoid speed work / very little hills.
- Strength Phase: to add strength by doing one hilly course a week.
- Peak Phase: to allow your body to recover and rejuvenate for the target race.

Key Terms

- O = Off Day/Complete Rest/ No cross training.** Active recovery such as self massage recommended.
- C = Cross training.** Strength training that works the hips/glutes/core is strongly recommended 1-3 times a week to lower the risk of injury. You can also do aerobic activities such as swimming or spinning for 20-40 minutes.
- R = Recovery Workout.** Very relaxed effort over flat terrain (track / trail or walk hills on favorite route) for short duration followed by a stretching routine to loosen up tight spots. Have fun!
- SL = Semi-long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- L = Long Workout.** After 2 mile warm up (very relaxed effort), settle into conversation effort.
- H = Hill Workout.** After 1-2 mile warm up, do a hillier than average route at conversation effort.
- + = And Optional.** C+R means to cross train with the option of also doing a recovery workout.
- / = Or.** C/O means to either cross train or take the day off.