



2025

# START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



## 16-WEEK INTERMEDIATE MARATHON TRAINING PLAN

This 16-week intermediate marathon training plan is designed for someone with a strong running base and has probably run a marathon previously. If you're using this plan, you should begin your training on January 13.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> January 13-19	4 miles <b>Run</b>	Rest	Rest	3.5 miles <b>Run</b>	Rest	Rest	5 miles <b>Run</b>
<b>2</b> January 20-26	Rest	Rest	3.75 Miles <b>Run</b>	Rest	5 miles <b>Run</b>	Rest	5.5 miles <b>Run</b>
<b>3</b> Jan 27 - Feb 2	Rest	Rest	3.75 miles <b>Run</b>	Rest	5 miles <b>Run</b>	Rest	7 miles <b>Run</b>
<b>4</b> February 3-9	Rest	Rest	2.5 miles <b>Run</b>	Rest	4 miles <b>Run</b>	Rest	4.5 miles <b>Run</b>



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5</b> February 10-16	Rest	Rest	4.5 miles Run	Rest	5.5 miles Run	Rest	8 miles Run
<b>6</b> February 17-23	Rest	Rest	5.5 miles Run	Rest	4.5 miles Run	Rest	9.5 miles Run
<b>7</b> Feb 24 - Mar 2	Rest	Rest	5.5 miles Run	Rest	5.5 miles Run	Rest	11 miles Run
<b>8</b> March 3-9	Rest	Rest	3.5 miles Run	Rest	5 miles Run	Rest	6 miles Run
<b>9</b> March 10-16	Rest	Rest	6.5 miles Run	Rest	4.5 miles Run	Rest	13.1 miles Run
<b>10</b> March 17-23	Rest	Rest	5.5 miles Run	Rest	6 miles Run	Rest	15 miles Run

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Week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

11

March 24-30

Rest

Rest

5 miles

Run

Rest

7 miles

Run

Rest

17 miles

Run

12

Mar 31 - Apr 6

Rest

Rest

3.5 miles

Run

Rest

5 miles

Run

Rest

9.5 miles

Run

13

April 7-13

Rest

Rest

6.5 miles

Run

Rest

5 miles

Run

Rest

20 miles

Run

14

April 14-20

Rest

Rest

6 miles

Run

Rest

5 miles

Run

Rest

13.1 miles

Run

15

April 21-27

Rest

Rest

5.5 miles

Run

Rest

5.5 miles

Run

Rest

8 miles

Run

16

Apr 28 - May 4

Rest

Rest

5 miles

Run

Rest

Rest

Rest



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## NOTES:

**Long Run:** Focused on building endurance to prepare for the goal race distance. These runs are critical for increasing stamina and developing the ability to sustain effort over long distances.

**Rest Day:** Dedicated to recovery from active training days. 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.

**Easy Run:** Performed at a comfortable pace, allowing you to maintain a conversation with a training partner. Most of your weekly mileage should fall within this category to promote consistent, sustainable progress.

**Speed Day:** Best suited for Wednesdays, these runs offer an opportunity to include faster running, such as tempo, steady-state, or intervals, based on your preference and goals. They are optional and can be tailored to your needs.