



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



16-WEEK BEGINNER MARATHON TRAINING PLAN

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

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 January 13-19	2.5mi Run	Rest	Rest	2.75mi Run	Rest	Rest	4 miles Run
2 January 20-26	Rest	Rest	2.5 miles Run	Rest	3.25 miles Run	Rest	5 miles Run
3 Jan 27 - Feb 2	Rest	Rest	2.75 miles Run	Rest	3.75 miles Run	Rest	6 miles Run
4 February 3-9	Rest	Rest	2 miles Run	Rest	2.5 miles Run	Rest	4.5 miles Run



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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 February 10-16	Rest	Rest	2.75 miles Run	Rest	4 miles Run	Rest	7.5 miles Run
6 February 17-23	Rest	Rest	3.75 miles Run	Rest	2.75 miles Run	Rest	9.5 miles Run
7 Feb 24 - Mar 2	Rest	Rest	3.5 miles Run	Rest	3.5 miles Run	Rest	11 miles Run
8 March 3-9	Rest	Rest	2.25 miles Run	Rest	3.25 miles Run	Rest	5.5 miles Run
9 March 10-16	Rest	Rest	3 miles Run	Rest	2.75 miles Run	Rest	14 miles Run
10 March 17-23	Rest	Rest	5 miles Run	Rest	5.5 miles Run	Rest	11 miles Run

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Week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

11

March 24-30

Rest

Rest

2.75 miles

Run

Rest

3.75 miles

Run

Rest

17 miles

Run

12

Mar 31 - Apr 6

Rest

Rest

2 miles

Run

Rest

3.5 miles

Run

Rest

8 miles

Run

13

April 7-13

Rest

Rest

3 miles

Run

Rest

2.75 miles

Run

Rest

20 miles

Run

14

April 14-20

Rest

Rest

2.75 miles

Run

Rest

3 miles

Run

Rest

13.1 miles

Run

15

April 21-27

Rest

Rest

2.75 miles

Run

Rest

3 miles

Run

Rest

8 miles

Run

16

Apr 28 - May 4

Rest

Rest

3 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.