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TRAINING PLANS PRESENTED BY

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16-WEEK ADVANCED MARATHON TRAINING PLAN

This 16-week advanced marathon training plan is designed for someone with an excellent running base and has 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
1 January 13-19	5.5 miles Run	Rest	Rest	3.75 miles ^{Run}	Rest	Rest	8 miles Run
2 January 20-26	Rest	Rest	4 miles Run	Rest	5.5 miles Run	Rest	9.5 miles Run
3 Jan 27 - Feb 2	Rest	Rest	4 miles Run	Rest	5.5 miles Run	Rest	11 miles Run
4 February 3-9	Rest	Rest	3.25 miles	Rest	4.5 miles	Rest	6 miles Run

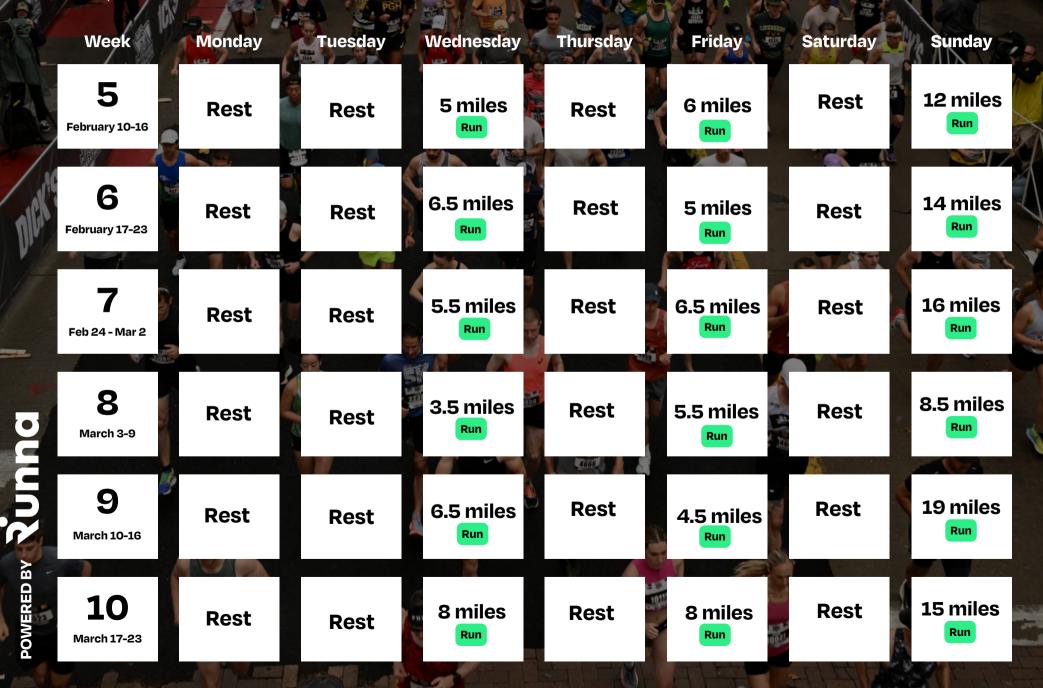


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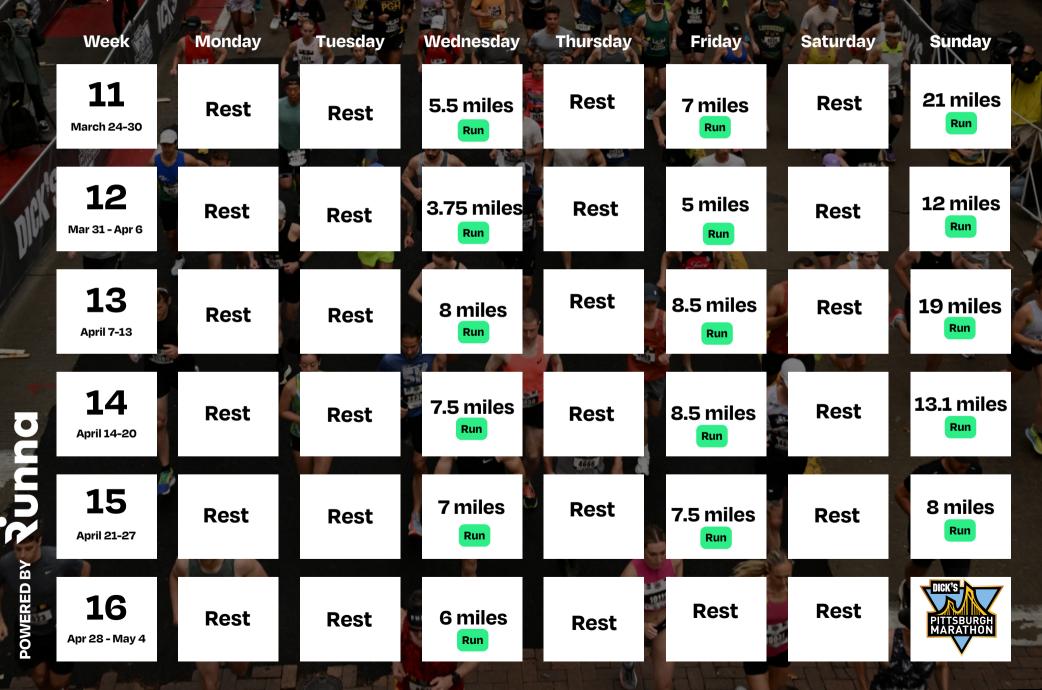




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NOTES:

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.