



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN®

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 12.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 JANUARY 12-18	5 MILES	4 MILES	5 MILES	4 MILES	3 MILES	10 MILES	REST
2 JANUARY 19-25	5 MILES	5 MILES	6 MILES	5 MILES	4 MILES	12 MILES	REST
3 JAN 26 - FEB 1	6 MILES	5 MILES	6 MILES	5 MILES	4 MILES	14 MILES	REST
4 FEBRUARY 2-8	6 MILES	6 MILES	5 MILES	5 MILES	4 MILES	12 MILES	REST



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5

FEBRUARY 9-15

6 MILES

6 MILES

7 MILES

6 MILES

4 MILES

16 MILES

REST

6

FEBRUARY 16-22

6 MILES

8 MILES

6 MILES

6 MILES

6 MILES

13 MILES

REST

7

FEB 23 - MAR 1

6 MILES

7 MILES

7 MILES

6 MILES

6 MILES

18 MILES

REST

8

MARCH 2-8

6 MILES

7 MILES

8 MILES

6 MILES

6 MILES

13 MILES

REST

9

MARCH 9-15

6 MILES

8 MILES

6 MILES

6 MILES

4 MILES

20 MILES

REST

10

MARCH 16-22

6 MILES

7 MILES

6 MILES

6 MILES

5 MILES

13 MILES

REST

POWERED BY **Runna**



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11 MARCH 23-29	6 MILES	7 MILES	6 MILES	6 MILES	5 MILES	21 MILES	REST
12 MAR 30 - APR 5	REST	8 MILES	6 MILES	6 MILES	5 MILES	13 MILES	REST
13 APRIL 6-12	6 MILES	7 MILES	8 MILES	6 MILES	6 MILES	18 MILES	REST
14 APRIL 13-19	5 MILES	7 MILES	5 MILES	6 MILES	4 MILES	13 MILES	REST
15 APRIL 20-26	REST	5 MILES	5 MILES	5 MILES	REST	10 MILES	REST
16 APR 27 - MAY	5 MILES	5 MILES	REST	5 MILES	REST	REST	



POWERED BY **Runna**



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN®

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.