



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
<b>1</b> JANUARY 12-18	5 MILES	4 MILES	5 MILES	4 MILES	3 MILES	10 MILES	REST
<b>2</b> JANUARY 19-25	5 MILES	5 MILES	6 MILES	5 MILES	4 MILES	12 MILES	REST
<b>3</b> JAN 26 - FEB 1	6 MILES	5 MILES	6 MILES	5 MILES	4 MILES	14 MILES	REST
<b>4</b> FEBRUARY 2-8	6 MILES	6 MILES	5 MILES	5 MILES	4 MILES	12 MILES	REST



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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**

FEB 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

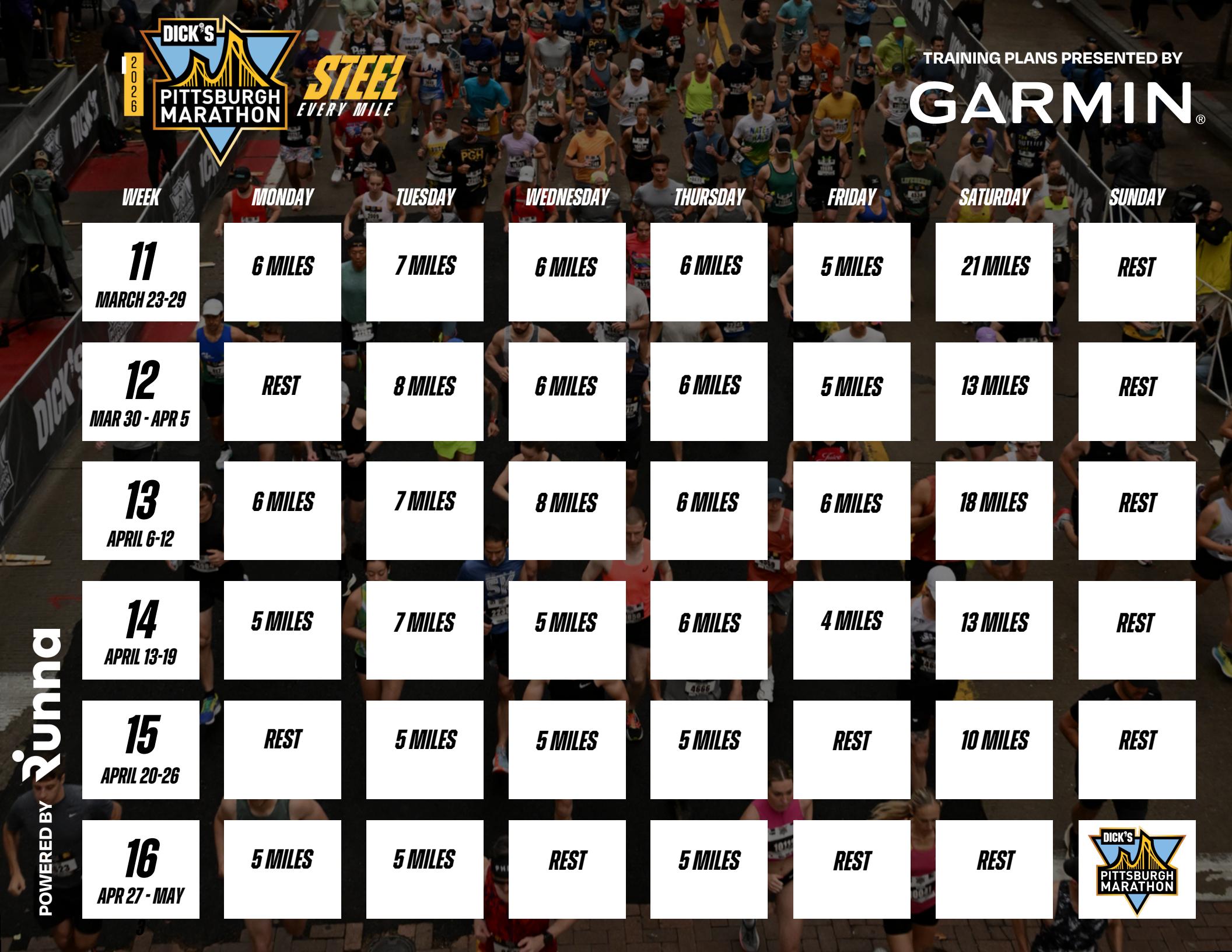
6 MILES

6 MILES

5 MILES

13 MILES

REST



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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





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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.