



**STEEL**  
EVERY MILE

TRAINING PLANS PRESENTED BY

**GARMIN**

# 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 12.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> JANUARY 12-18	3 MILES	30 MIN. Cardio Cross Training	4 MILES	30 MIN. Cardio Cross Training	3 MILES	6 MILES	REST
<b>2</b> JANUARY 19-25	3 MILES	30 MIN. Cardio Cross Training	4 MILES	30 MIN. Cardio Cross Training	3 MILES	8 MILES	REST
<b>3</b> JAN 26 - FEB 1	3 MILES	45 MIN. Cardio Cross Training	5 MILES	45 MIN. Cardio Cross Training	3 MILES	10 MILES	REST
<b>4</b> FEBRUARY 2-8	3 MILES	45 MIN. Cardio Cross Training	6 MILES	45 MIN. Cardio Cross Training	3 MILES	8 MILES	REST

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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**5**

FEBRUARY 9-15

**3 MILES**

**45 MIN.**

Cardio Cross  
Training

**6 MILES**

**45 MIN.**

Cardio Cross  
Training

**3 MILES**

**12 MILES**

**REST**

**6**

FEBRUARY 16-22

**5 MILES**

**45 MIN.**

Cardio Cross  
Training

**6 MILES**

**45 MIN.**

Cardio Cross  
Training

**3 MILES**

**8 MILES**

**REST**

**7**

FEB 23 - MAR 1

**5 MILES**

**45 MIN.**

Cardio Cross  
Training

**5 MILES**

**45 MIN.**

Cardio Cross  
Training

**3 MILES**

**14 MILES**

**REST**

**8**

MARCH 2-8

**5 MILES**

**6 MILES**

**5 MILES**

**45 MIN.**

Cardio Cross  
Training

**3 MILES**

**10 MILES**

**REST**

**9**

MARCH 9-15

**5 MILES**

**5 MILES**

**6 MILES**

**45 MIN.**

Cardio Cross  
Training

**3 MILES**

**16 MILES**

**REST**

**10**

MARCH 16-22

**5 MILES**

**6 MILES**

**6 MILES**

**45 MIN.**

Cardio Cross  
Training

**3 MILES**

**10 MILES**

**REST**

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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**11**

MARCH 23-29

5 MILES

5 MILES

6 MILES

45 MIN.  
Cardio Cross  
Training

3 MILES

18 MILES

REST

**12**

MAR 30 - APR 5

REST

45 MIN.  
Cardio Cross  
Training

6 MILES

45 MIN.  
Cardio Cross  
Training

5 MILES

10 MILES

REST

**13**

APRIL 6-12

5 MILES

7 MILES

6 MILES

45 MIN.  
Cardio Cross  
Training

3 MILES

15 MILES

REST

**14**

APRIL 13-19

3 MILES

5 MILES

3 MILES

45 MIN.  
Cardio Cross  
Training

3 MILES

13.1 MILES

REST

**15**

APRIL 20-26

3 MILES

5 MILES

3 MILES

45 MIN.  
Cardio Cross  
Training

3 MILES

8 MILES

REST

**16**

APR 27 - MAY 3

3 MILES

3 MILES

REST

3 MILES

REST

REST  
OR COMPLETE THE  
STEEL CHALLENGE  
BY MOVING IN THE  
5K!



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## ***NOTES: DOWNLOAD RUNNA FOR A CUSTOMIZED TRAINING EXPERIENCE***

**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.