



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
1 JANUARY 12-18	3 MILES	30 MIN. Cardio Cross Training	4 MILES	30 MIN. Cardio Cross Training	3 MILES	6 MILES	REST
2 JANUARY 19-25	3 MILES	30 MIN. Cardio Cross Training	4 MILES	30 MIN. Cardio Cross Training	3 MILES	8 MILES	REST
3 JAN 26 - FEB 1	3 MILES	45 MIN. Cardio Cross Training	5 MILES	45 MIN. Cardio Cross Training	3 MILES	10 MILES	REST
4 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

FEB 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

STEEL
EVERY MILE

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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.