



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN®

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 12.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 JANUARY 12-18	6 MILES	8 MILES	8 MILES	8 MILES	5 MILES	14 MILES	REST
2 JANUARY 19-25	8 MILES	8 MILES	10 MILES	8 MILES	5 MILES	10 MILES	REST
3 JAN 26 - FEB 1	8 MILES	8 MILES	10 MILES	8 MILES	5 MILES	16 MILES	REST
4 FEBRUARY 2-8	8 MILES	8 MILES	10 MILES	8 MILES	8 MILES	13 MILES	REST



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5

FEBRUARY 9-15

8 MILES

8 MILES

12 MILES

8 MILES

8 MILES

18 MILES

REST

6

FEBRUARY 16-22

8 MILES

10 MILES

12 MILES

8 MILES

8 MILES

15 MILES

REST

7

FEB 23 - MAR 1

8 MILES

8 MILES

8 MILES

8 MILES

6 MILES

18 MILES

REST

8

MARCH 2-8

8 MILES

9 MILES

12 MILES

8 MILES

8 MILES

15 MILES

REST

9

MARCH 9-15

8 MILES

10 MILES

10 MILES

8 MILES

8 MILES

20 MILES

REST

10

MARCH 16-22

8 MILES

8 MILES

8 MILES

8 MILES

8 MILES

15 MILES

REST

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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11

MARCH 23-29

8 MILES

8 MILES

12 MILES

8 MILES

8 MILES

22 MILES

REST

12

MAR 30 - APR 5

8 MILES

10 MILES

12 MILES

8 MILES

8 MILES

14 MILES

REST

13

APRIL 6-12

8 MILES

10 MILES

12 MILES

8 MILES

8 MILES

20 MILES

REST

14

APRIL 13-19

8 MILES

8 MILES

8 MILES

8 MILES

6 MILES

16 MILES

REST

15

APRIL 20-26

REST

8 MILES

8 MILES

8 MILES

5 MILES

10 MILES

REST

16

APR 27 - MAY 3

8 MILES

5 MILES

REST

5 MILES

REST

REST

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



POWERED BY **Runna**



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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.