



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



STEEL
EVERY MILE

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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!	



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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.