



**STEEL**  
EVERY MILE

TRAINING PLANS PRESENTED BY

**GARMIN®**

# 12-WEEK ADVANCED MARATHON TRAINING PLAN

This 12-week advanced 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 February, 9.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> FEBRUARY 9-15	6 MILES	8 MILES	8 MILES	8 MILES	8 MILES	14 MILES	REST
<b>2</b> FEBRUARY 16-22	8 MILES	10 MILES	8 MILES	8 MILES	8 MILES	15 MILES	REST
<b>3</b> FEBRUARY 23-1	8 MILES	8 MILES	8 MILES	8 MILES	6 MILES	18 MILES	REST
<b>4</b> MARCH 2-8	6 MILES	9 MILES	12 MILES	8 MILES	8 MILES	15 MILES	REST





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**WEEK**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**5**

**MARCH 9-15**

**6 MILES**

**10 MILES**

**10 MILES**

**8 MILES**

**8 MILES**

**20 MILES**

**REST**

**6**

**MARCH 16-22**

**8 MILES**

**6 MILES**

**8 MILES**

**10 MILES**

**7 MILES**

**15 MILES**

**REST**

**7**

**MARCH 23-29**

**5 MILES**

**8 MILES**

**12 MILES**

**8 MILES**

**8 MILES**

**22 MILES**

**REST**

**8**

**MARCH 30-5**

**8 MILES**

**10 MILES**

**12 MILES**

**8 MILES**

**8 MILES**

**14 MILES**

**REST**

**9**

**APRIL 6-12**

**9 MILES**

**10 MILES**

**12 MILES**

**8 MILES**

**8 MILES**

**20 MILES**

**REST**

**10**

**APRIL 13-19**

**8 MILES**

**8 MILES**

**8 MILES**

**8 MILES**

**6 MILES**

**16 MILES**

**REST**

POWERED BY **Runna**





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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**11**

APRIL 20-26

REST

8 MILES

8 MILES

8 MILES

5 MILES

10 MILES

REST

**12**

APRIL 27-3

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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EVERY MILE

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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.