



TRAINING PLANS PRESENTED BY

GARMIN

12-WEEK INTERMEDIATE MARATHON TRAINING PLAN

This 12-week intermediate 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
1 FEBRUARY 9-15	4 MILES	6 MILES	7 MILES	6 MILES	4 MILES	12 MILES	REST
2 FEBRUARY 16-22	5 MILES	8 MILES	6 MILES	6 MILES	6 MILES	13 MILES	REST
3 FEBRUARY 23-1	6 MILES	7 MILES	7 MILES	6 MILES	6 MILES	16 MILES	REST
4 MARCH 2-8	6 MILES	7 MILES	8 MILES	6 MILES	6 MILES	13 MILES	REST

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MARCH 9-15	6 MILES	8 MILES	6 MILES	6 MILES	4 MILES	18 MILES	REST
6 MARCH 16-22	6 MILES	7 MILES	6 MILES	6 MILES	5 MILES	13 MILES	REST
7 MARCH 23-29	12 MILES	8 MILES	12 MILES	8 MILES	8 MILES	22 MILES	REST
8 MARCH 30-5	12 MILES	10 MILES	12 MILES	8 MILES	8 MILES	14 MILES	REST
9 APRIL 6-12	12 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



STEEL
EVERY MILE

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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

4 MILES

REST

REST

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



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.