



2025

# START STRONG FINISH STRONGER



## 12-WEEK FIRST YEAR MOVERS 5K TRAINING PLAN



TRAINING PLANS PRESENTED BY  
**GARMIN**

This 12-week beginner 5K training plan is designed for someone looking to complete their first 5K, whether walking, running, or a combination of the two. If you're using this plan, you should begin your training on February 10.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>1</b> February 10-16	<b>10min</b> Walk or Run	<b>Rest</b>	<b>10min</b> Walk or Run	<b>Rest</b>	<b>10min</b> Walk	<b>1 Mile</b> Walk or Run	<b>Rest</b>
<b>2</b> Feb 17-23	<b>10min</b> Walk or Run	<b>Rest</b>	<b>10min</b> Walk or Run	<b>Rest</b>	<b>10min</b> Walk	<b>1.25 Mile</b> Walk or Run	<b>Rest</b>
<b>3</b> Feb 24 - Mar 2	<b>15min</b> Walk or Run	<b>Rest</b>	<b>15min</b> Walk or Run	<b>Rest</b>	<b>15min</b> Walk	<b>1.5 Mile</b> Walk or Run	<b>Rest</b>
<b>4</b> Mar 3-9	<b>15min</b> Walk or Run	<b>Rest</b>	<b>15min</b> Walk or Run	<b>Rest</b>	<b>15min</b> Walk	<b>1.75 Mile</b> Walk or Run	<b>Rest</b>





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# Chicken of the Sea

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5</b> Mar 10-16	<b>20min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk	<b>2 Mile</b> Walk or Run	<b>Rest</b>
<b>6</b> Mar 17-23	<b>20min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk	<b>2.25 Mile</b> Walk or Run	<b>Rest</b>
<b>7</b> Mar 24 - Mar 30	<b>25min</b> Walk or Run	<b>Rest</b>	<b>25min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk	<b>2.5 Mile</b> Walk or Run	<b>Rest</b>
<b>8</b> Mar 31-Apr 6	<b>25min</b> Walk or Run	<b>Rest</b>	<b>25min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk	<b>2.75 Mile</b> Walk or Run	<b>Rest</b>
<b>9</b> Apr 7-13	<b>30min</b> Walk or Run	<b>Rest</b>	<b>30min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk	<b>3 Mile</b> Walk or Run	<b>Rest</b>
<b>10</b> Apr 14-20	<b>30min</b> Walk or Run	<b>Rest</b>	<b>30min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk	<b>2.5 Mile</b> Walk or Run	<b>Rest</b>

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Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>11</b> Apr 21-27	<b>20min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk or Run	<b>Rest</b>	<b>20min</b> Walk	<b>1.5 Mile</b> Walk or Run	<b>Rest</b>
<b>12</b> Apr 28 - May 3	<b>20min</b> Walk or Run	<b>Rest</b>	<b>15min</b> Walk or Run	<b>Rest</b>	<b>15min</b> Walk		

**Warm Up Properly** – Start each run with dynamic stretching and a few minutes of easy jogging to prepare your muscles and reduce injury risk.

**Cool Down & Stretch** – After your run, walk for a few minutes to bring your heart rate down, then do static stretches to aid recovery.

**Listen to Your Body** – Rest days are just as important as training days. If something feels off, take a break to prevent long-term issues.

**Fuel Properly** – Focus on a balanced diet with carbs, protein, and healthy fats like omega-3s to sustain energy levels, especially for longer distances.

**Enjoy the Process** – Training should be challenging but fun! Celebrate progress, listen to music or podcasts, and embrace the journey.



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**Long Walk/Run:** Focused on building endurance to prepare for the goal race distance. Completed on Saturdays, these 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 Walk/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 days offer an opportunity to include faster walking or running based on your preference and goals. They are optional and can be tailored to your needs.