



2025

START STRONG FINISH STRONGER

TRAINING PLANS PRESENTED BY



8-WEEK ADVANCED 5K TRAINING PLAN

This 8-week advanced 5K training plan is designed for experienced runners looking to improve their time and performance. If you're using this plan, you should begin your training on March 10.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar 10-16	4.5 mi Run	Rest	4.5 mi Run	3.5 mi Run	4.5 mi Run	Rest	6 mi Run
2 Mar 17-23	4.5 mi Run	Rest	5 mi Run	4.5 mi Run	4 mi Run	Rest	7 mi Run
3 Mar 24 - 30	6 mi Run	Rest	5.5 mi Run	3.5 mi Run	4.5 mi Run	Rest	7.5 mi Run
4 Mar 31-Apr 6	Rest	4 mi Run	4 mi Run	Rest	3.25 mi Run	Rest	4.5 mi Run



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Week

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5

Apr 7-13

5.5 mi

Run

Rest

6.5 mi

Run

3.25 mi

Run

5.5 mi

Run

Rest

8.5 mi

Run

6

Apr 14-20

5.5 mi

Run

Rest

6.5 mi

Run

5 mi

Run

3.75 mi

Run

Rest

10 mi

Run

7

Apr 21-27

5.5 mi

Run

Rest

5 mi

Run

5 mi

Run

4 mi

Run

Rest

6 mi

Run

8

Apr 28 - May 3

Rest

Rest

4.5 mi

Run

Rest

3.75 mi

Run



POWERED BY Runna



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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.