

6-WEEK INTERMEDIATE 5K TRAINING PLAN



**PITTSBURGH
PARADE DAY
DASH**

2026
PRESENTED BY
GNC
LIVE WELL

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Feb 2-8	3.25 mi Run	Rest	3.25 mi Run	Rest	2.75 mi Run	Rest	3.75 mi Run
2 Feb 9-15	Rest	4 mi Run	Rest	2.5 mi Run	2.5 mi Run	Rest	4.5 mi Run
3 Feb 16-22	Rest	2.75 mi Run	Rest	4.5 mi Run	4.5 mi Run	Rest	5 mi Run
4 Feb 23- Mar 1	Rest	2.5 mi Run	Rest	2.5 mi Run	2.5 mi Run	Rest	3 mi Run
5 Mar 2-8	Rest	4 mi Run	Rest	4.5 mi Run	3.75 mi Run	Rest	5.5 mi Run
6 Mar 8-14	Rest	4.5 mi Run	Rest	2.5 mi Run	Rest		