



STEEL
EVERY MILE

12-WEEK FIRST YEAR MOVERS 5K TRAINING PLAN

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 9th.



TRAINING PLANS PRESENTED BY
GARMIN®

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 FEBRUARY 9-15	15-20 MIN RUN/WALK	10 times: Run for 20 seconds + Walk for 40 seconds	REST	15-20 MIN RUN/WALK	REST	1 MILE	REST
2 FEBRUARY 16-22	15-20 MIN RUN/WALK	10 times: Run for 20 seconds + Walk for 40 seconds	REST	15-20 MIN RUN/WALK	REST	1 MILE	REST
3 FEBRUARY 23-1	20-25 MIN RUN/WALK	10 times: Run for 20 seconds + Walk for 40 seconds	REST	20-25 MIN RUN/WALK	REST	1.5 MILES	REST
4 MARCH 2-8	20-25 MIN RUN/WALK	10 times: Run for 30 seconds + Walk for 30 seconds	REST	20-25 MIN RUN/WALK	REST	1.5 MILES	REST





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Chicken of the Sea.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MARCH 9-15	25-30 MIN RUN/WALK	10 times: Run for 30 seconds + Walk for 30 seconds	REST	25-30 MIN RUN/WALK	REST	2 MILES	REST
6 MARCH 16-22	25-30 MIN RUN/WALK	10 times: Run for 30 seconds + Walk for 30 seconds	REST	25-30 MIN RUN/WALK	REST	2 MILES	REST
7 MARCH 23-29	30-35 MIN RUN/WALK	10 times: Run for 40 seconds + Walk for 20 seconds	REST	30-35 MIN RUN/WALK	REST	2.5 MILES	REST
8 MARCH 30-5	30-35 MIN RUN/WALK	10 times: Run for 40 seconds + Walk for 20 seconds	REST	30-35 MIN RUN/WALK	REST	2.5 MILES	REST
9 MARCH 6-12	30-35 MIN RUN/WALK	10 times: Run for 40 seconds + Walk for 20 seconds	REST	30-35 MIN RUN/WALK	REST	3 MILES	REST
10 MARCH 13-19	25-30 MIN RUN/WALK	10 times: Run for 50 seconds + Walk for 10 seconds	REST	25-30 MIN RUN/WALK	REST	3 MILES	REST



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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11 MARCH 20-26	25-30 MIN RUN/WALK	10 times: Run for 50 seconds + Walk for 10 seconds	REST	25-30 MIN RUN/WALK	REST	2 MILES	REST
12 MARCH 27-2	20-25 MIN RUN/WALK	20 MIN WALK	REST	20-25 MIN RUN/WALK	REST		



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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 WORKOUT, 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.