



# 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
<b>1</b> FEBRUARY 9-15	<b>15-20 MIN RUN/WALK</b>	10 times: Run for 20 seconds + Walk for 40 seconds	<b>REST</b>	<b>15-20 MIN RUN/WALK</b>	<b>REST</b>	<b>1 MILE</b>	<b>REST</b>
<b>2</b> FEBRUARY 16-22	<b>15-20 MIN RUN/WALK</b>	10 times: Run for 20 seconds + Walk for 40 seconds	<b>REST</b>	<b>15-20 MIN RUN/WALK</b>	<b>REST</b>	<b>1 MILE</b>	<b>REST</b>
<b>3</b> FEBRUARY 23-1	<b>20-25 MIN RUN/WALK</b>	10 times: Run for 20 seconds + Walk for 40 seconds	<b>REST</b>	<b>20-25 MIN RUN/WALK</b>	<b>REST</b>	<b>1.5 MILES</b>	<b>REST</b>
<b>4</b> MARCH 2-8	<b>20-25 MIN RUN/WALK</b>	10 times: Run for 30 seconds + Walk for 30 seconds	<b>REST</b>	<b>20-25 MIN RUN/WALK</b>	<b>REST</b>	<b>1.5 MILES</b>	<b>REST</b>





# Chicken of the Sea



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





Chicken of the Sea



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





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.