



TRAINING PLANS PRESENTED BY

GARMIN

12-WEEK ADVANCED 5K TRAINING PLAN

This 12-week advanced 5K training plan is designed for someone with a solid running base. If you're using this plan, you should begin your training on February, 9.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 FEBRUARY 9-15	REST	Run for 15 minutes with a :10 surge at the beginning of each minute	REST	20 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2 MILES
2 FEBRUARY 16-22	REST	Run for 17 minutes with a :10 surge at the beginning of each minute	REST	20 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2 MILES
3 FEBRUARY 23-1	REST	Run for 17 minutes with a :10 surge at the beginning of each minute	REST	20 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2.5 MILES
4 MARCH 2-8	REST	Run for 23 minutes with a :10 surge at the beginning of each minute	REST	24 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2.5 MILES

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 MARCH 9-15	REST	Run for 25 minutes with a :10 surge at the beginning of each minute	REST	30 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2.5 MILES
6 MARCH 16-22	REST	Run for 25 minutes with a :10 surge at the beginning of each minute	REST	30 MIN RUN	CROSS OR STRENGTH TRAINING	REST	3 MILES
7 MARCH 23-29	REST	Run for 25 minutes with a :10 surge at the beginning of each minute	REST	30 MIN RUN	CROSS OR STRENGTH TRAINING	REST	3 MILES
8 MARCH 30-5	REST	Run for 30 minutes with a :10 surge at the beginning of each minute	REST	40 MIN RUN	CROSS OR STRENGTH TRAINING	REST	3.5 MILES
9 APRIL 6-12	REST	Run for 30 minutes with a :10 surge at the beginning of each minute	REST	40 MIN RUN	CROSS OR STRENGTH TRAINING	REST	4 MILES
10 APRIL 13-19	REST	Run for 30 minutes with a :10 surge at the beginning of each minute	REST	40 MIN RUN	CROSS OR STRENGTH TRAINING	REST	4 MILES



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11

APRIL 20-26

REST

Run for 30 minutes with a :10 surge at the beginning of each minute

REST

40 MIN RUN

CROSS OR STRENGTH TRAINING

REST

30 MIN RUN

12

APRIL 27-3

REST

Run for 30 minutes at a steady pace

REST

30 MIN RUN

REST

REST

OR COMPLETE THE
STEEL CHALLENGE
BY MOVING IN THE
5K!



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NOTES: DOWNLOAD RUNNA FOR A CUSTOMIZED TRAINING EXPERIENCE

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.