



STEEL
EVERY MILE

TRAINING PLANS PRESENTED BY

GARMIN

12-WEEK INTERMEDIATE 5K TRAINING PLAN

This 12-week intermediate 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	15 MIN RUN	REST	20 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2 MILES
2 FEBRUARY 16-22	REST	17 MIN RUN	REST	20 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2 MILES
3 FEBRUARY 23-1	REST	17 MIN RUN	REST	24 MIN RUN	CROSS OR STRENGTH TRAINING	REST	2.5 MILES
4 MARCH 2-8	REST	23 MIN RUN	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

25 MIN RUN

REST

30 MIN RUN

CROSS OR
STRENGTH
TRAINING

REST

2.5 MILES

6

MARCH 16-22

REST

25 MIN RUN

REST

30 MIN RUN

CROSS OR
STRENGTH
TRAINING

REST

3 MILES

7

MARCH 23-29

REST

25 MIN RUN

REST

30 MIN RUN

CROSS OR
STRENGTH
TRAINING

REST

3 MILES

8

MARCH 30-5

REST

30 MIN RUN

REST

40 MIN RUN

CROSS OR
STRENGTH
TRAINING

REST

3.5 MILES

9

APRIL 6-12

REST

30 MIN RUN

REST

40 MIN RUN

CROSS OR
STRENGTH
TRAINING

REST

4 MILES

10

APRIL 13-19

REST

30 MIN RUN

REST

40 MIN RUN

CROSS OR
STRENGTH
TRAINING

REST

4 MILES

POWERED BY **Runna**



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WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

11

APRIL 20-26

REST

30 MIN RUN

REST

40 MIN RUN

**CROSS OR
STRENGTH
TRAINING**

REST

30 MIN RUN

12

APRIL 27-2

REST

30 MIN RUN

REST

30 MIN RUN

REST



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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.