



**STEEL**  
EVERY MILE

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
<b>1</b> 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
<b>2</b> 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
<b>3</b> 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
<b>4</b> 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: 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.**