5k Training Plan: RUN

	S	M	TU	W	TH	F	S
WEEK 1: 1/12-1/18	Rest day OR Cross training	Cross training	**1-1.5 mile run**	Cross training	**1.25-1.5 mile run**	Rest day	**1.5-1.75 mile run**
WEEK 2: 1/19-1/25	Rest day OR Cross training	Cross training	**1.75 mile run**	Cross training ★	**1.75 mile run**	Rest day	**1.75-2 mile run**
WEEK 3: 1/26-2/1	Rest day OR Cross training	Cross training	**2 mile run**	Cross training	**2 mile run**	Rest day	**2-2.25 mile run**
WEEK 4: 2/2-2/8	Rest day OR Cross training	Cross training	**2.25 mile run**	Cross training	**2.25 mile run** ★	Rest day	**2.25-2.75 mile run**
WEEK 5: 2/9-2/15	Rest day OR Cross training	Cross training	**2.5 mile run**	Cross training	**2.5-2.75 mile run**	Rest day	**2.5-3.5 mile run**
Race week! **WEEK 6:** 2/16-2/22	Rest day OR Cross training	Cross training	**3 mile run**	Cross training	**2 mile EASY jog**	Rest day	**RACE DAY!**

Cross Training: Try something other than running on these days (bike, elliptical, swim, lift weights, group class, etc).

Rest Days: These are important so that your body can recover from the hard work you're putting in. You can either fully rest, incorporate an easy walk, or do some informal recreation on rest days (yard work, play, house chores, etc.).

★ **Spider Dash 5k Training Workshops:** Check the Spider Dash website for more info. The workshops will be open to all Spider Dash 5k registrants and will cover topics such as stretching, gear, safety, nutrition, and more!

Race Week: Don't try anything new during race week or on race day - by this point you should have your nutrition, gear, and race day routine solidified. Trust your training, and, most importantly, have fun at the race!