5k Training Plan: WALK

	S	M	TU	W	TH	F	S
WEEK 1: 1/12-1/18	Rest day OR Cross training	Cross training	**8 x (1:00 hard, 2:00 easy)**	Cross training	**9 x (1:00 hard, 2:00 easy)**	Rest day	**7 x (2:00 hard, 2:00 easy)**
WEEK 2: 1/19-1/25	Rest day OR Cross training	Cross training	**5 x (3:00 hard, 3:00 easy)**	Cross training ★	**6 x (3:00 hard, 3:00 easy)**	Rest day	**7 x (3:00 hard, 3:00 easy**
WEEK 3: 1/26-2/1	Rest day OR Cross training	Cross training	**3 x (8:00 hard, 5:00 easy)**	Cross training	**4 x (8:00 hard, 5:00 easy)**	Rest day	**30-35 minutes hard effort**
WEEK 4: 2/2-2/8	Rest day OR Cross training	Cross training	**2 x (15:00 hard, 5:00 easy)**	Cross training	**3 x (15:00 hard, 5:00 easy)** ★	Rest day	**40-45 minutes hard effort**
WEEK 5: 2/9-2/15	Rest day OR Cross training	Cross training	**2 x (18:00 hard, 3:00 easy)**	Cross training	**2-3 x (18:00 hard, 3:00 easy)**	Rest day	**40-60 minutes hard effort**
Race week! **WEEK 6:** 2/16-2/22	Rest day OR Cross training	Cross training	**20:00 hard, 3:00 easy, 15:00 hard**	Cross training	**10:00 hard, 5:00 easy, 10:00 hard**	Rest day	**RACE DAY!**

Cross Training: Try something other than walking 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 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!

Hard vs Easy: "Hard" intervals = faster pace, elevated heart rate; "Easy" intervals = slower pace, lower heart rate