



MAD Dash Virtual Race- 5k 8 week-5k Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday- Virtual Group Run	Sunday
1 (2/1-2/7)	1.5 mile run	30 min cross train	1.5 mile run + strength	Rest	30 min cross train	1.5 miles	Stretch and Strengthen
2 (2/8-2/14)	1.75 mile run	30 min cross train	1.5 mile run + strength	Rest	30 min cross train	1.75 miles	Stretch and Strengthen
3 (2/15-2/21)	2 mile run	35 min cross train	1.5 mile run + strength	Rest	40 min cross train	2 miles	Stretch and Strengthen
4 (2/22-2/28)	2.25 mile run	35 min cross train	1.5 mile run + strength	Rest	40 min cross train	2.25 miles	Stretch and Strengthen
5 (3/1-3/7)	2.5 mile run	40 min cross train	2 mile run + strength	Rest	50 min cross train	2.5 miles	Stretch and Strengthen
6 (3/8-3/14)	2.75 mile run	40 min cross train	2 mile run + strength	Rest	50 min cross train	2.75 miles	Stretch and Strengthen
7 (3/15-3/21)	3 mile run	45 min cross train	2 mile run + strength	Rest	60 min cross train	3 miles	Stretch and Strengthen
8 (3/22-3/28)	3 mile run	30 min cross train	2 mile run + strength	Rest	Rest	5k Virtual Race	Stretch and Strengthen

*For our Virtual Group Runs- Pick your own route, use social media and running apps to share and encourage with pictures and words on Facebook Group: <https://www.facebook.com/groups/RedefineFitnessRunningTeam/>





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