



MAD Dash 5k WA
8 week-5k Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	*Saturday- Virtual Group Run	Sunday
1 (2/1-2/7)	Rest or walk	15 minute walk	Rest or walk	15 minute walk	Rest	1.5 mile walk	30-60 minute walk
2 (2/8-2/14)	Rest or walk	15 minute walk	Rest or walk	15 minute walk	Rest	1.75 mile walk	35-60 minute walk
3 (2/15-2/21)	Rest or walk	20 minute walk	Rest or walk	20 minute walk	Rest	2 mile walk	40-60 minute walk
4 (2/22-2/28)	Rest or walk	20 minute walk	Rest or walk	20 minute walk	Rest	2.25 mile walk	45-60 minute walk
5 (3/1-3/7)	Rest or walk	25 minute walk	Rest or walk	25 minute walk	Rest	2.5 mile walk	50-60 minute walk
6 (3/8-3/14)	Rest or walk	25 minute walk	Rest or walk	25 minute walk	Rest	2.75 mile walk	55-60 minute walk
7 (3/15-3/21)	Rest or walk	25 minute walk	Rest or walk	25 minute walk	Rest	3 mile walk	60 minute walk
8 (3/22-3/28)	Rest or walk	30 minute walk	Rest or walk	30 minute walk	Rest	5k Virtual Race	Rest

*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/>

