

5K Training Plan- West U Halloween Dash, October 28, 2023

	Sun	Mon	Tues	Wed- Speed Work day	Thur	Fri	Sat- Long Run
Week 1 September 17-23	off	WU: 5 minutes stretch Run/Walk 1 mile	off	WU: 5 minutes stretch Run 1/4 mile run, walk 1 min repeat 4 times	off	WU: 5 minutes stretch Run/Walk 1 mile	WU: 5 minutes stretch Run 1 mile w/o stopping- slow down as needed
Week 2 September 24-September 30	off	WU: 5 minutes stretch Run/Walk 1.5 miles	off	WU: 5 minutes stretch Run 1/4 mile, walk 1 min repeat 5 times	off	WU: 5 minutes stretch Run/Walk 1.5 miles	WU: 5 minutes stretch Run 2 mile w/o stopping-
Week 3 October 1-7	off	WU: 5 minutes stretch Run/Walk 2 miles	off	WU: 5 minutes stretch Run 1/2 mile, walk 1 min repeat 3 times	off	WU: 5 minutes stretch Run/Walk 2 miles	WU: 5 minutes stretch Run 2.5 mile w/o stopping-
Week 4 October 8-14	off	WU: 5 minutes stretch Run/Walk 2.5 miles	off	WU: 5 minutes stretch Run 1/2 mile, walk 1 min repeat 4 times	off	WU: 5 minutes stretch Run/Walk 2.5 miles	WU: 5 minutes stretch Run 3 miles with stops if needed
Week 5 October 15-21	off	WU: 5 minutes stretch Run/Walk 3 miles	off	WU: 5 minutes stretch Run 1 mile, walk 1 min repeat 3 times	off	WU: 5 minutes stretch Run/walk 3 miles	WU: 5 minutes stretch Run 3 miles continuous
Week 6 October 22-28	off	WU: 5 minutes stretch	off	WU: 5 minutes stretch	WU: 5 minutes stretch Easy 3 mile run-	off	<b>Race Day!</b> 5 minutes stretching before start of race