5K CANICROSS TRAINING PLAN

w	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day!	**Speed Play** WU 15’ / 6 x (40’’Z5/2’Z1) / CD 15’	Recovery Run 30’	Easy Run 45’	**Canicross Intervals** WU 15’ / 4 x (2’cc/3’ recovery) / CD 15’	Easy Run 40’	AM **Tempo Canicross** WU 20’ / 2 x (1mile cc/5’ recovery) / CD 20’ PM Easy Run 20’
2	Recovery Run 30’	**Speed Play** WU 15’ / 6 x (1’Z5/2’Z1) / CD 15’	Recovery Run 35’	Easy Run 50’	**Canicross Intervals** WU 15’ / 4 x (2’30’’cc/3’ recovery) / CD 15’	Easy Run 40’	AM **Tempo Canicross** WU 20’ / 2 x (1mile cc/5’ recovery) / CD 20’ PM Easy Run 30’
3	Recovery Run 30’	**Speed Play** WU 15’ / 8 x (1’Z5/2’Z1) / CD 15’	Recovery Run 30’	Easy Run 50’	**Canicross Intervals** WU 15’ / 3 x (3’ cc/3’ recovery) / CD 15’	Easy Run 40’	AM **Tempo Canicross** WU 20’ / 2 x (2k cc/5’ recovery) / CD 20’ PM Easy Run 30’
4	Recovery Run 30’	**Speed Play** WU 15’ / 6 x (40’’Z5/2’Z1) / CD 15’	Recovery run 30’	Easy Run 40’	Easy Run 60’	Easy Run 30’	AM **Tempo Canicross** WU 20’ / 1 x 3k cc / CD 20’ PM Easy Run 30’
5	Recovery Run 20’	**Short Intervals** WU 15’ / 5 x (1’30’’Z5/1’30’’Z1) / CD 15’	Recovery Run 30’	Easy Run 50’	**Canicross Intervals** WU 15’ / 3 x (3’30’’cc/3’ recovery) CD 15’	Easy Run 40’	AM **Tempo Canicross** WU 20’ / 2 x (2k cc/5’ recovery) / CD 20’ PM Easy Run 30’
6	Recovery Run 30’	**Short Intervals** WU 15’ / 5 x (2’Z4/1’30’’Z1) / CD 15’	Recovery Run 30’	Easy Run 50’	**Canicross Intervals** WU 15’ / 3 x (3’cc/3’ recovery) / CD 15’	Easy Run 40’	AM **Tempo Canicross** WU 20’ / 3k cc/5’recovery/1mile cc / CD 20’ PM Easy Run 30’
7	Recovery Run 30’	**Short Intervals** WU 15’ / 5 x (1’30’’Z5/1’30’’Z1) / CD 15’	Recovery Run 30’	Easy Run 40’	Easy Run 60’	Easy Run 30’	AM **Tempo Canicross** WU 20’ / 1 x 4k cc / CD 20’ PM Easy Run 30’
8	Recovery Run 20’	**Long Intervals** WU 15’ / 4 x (3’30’’Z3/1’20’’Z1) / CD 15’	Recovery Run 30’	Easy Run 50’	**Canicross Intervals** WU 15’ / 4 x (3’cc/3’recovery) / CD 15’	Easy Run 40’	AM **Tempo Canicross** WU 20’ / 3k cc/5’recovery/2k cc / CD 20’ PM Easy Run 30’
9	Recovery Run 30’	**Long Intervals** WU 15’ / 4 x (4’Z3/1’Z1) / CD 15’	Recovery Run 30’	Easy Run 60’	**Canicross Intervals** WU 15’ / 5 x (3’cc/3’recovery) / CD 15’	Easy Run 40’	AM **Tempo Canicross** WU 20’ / 3k cc/5’recovery / 2k cc/5’recovery / 1k cc / CD 20’ PM Easy Run 30’
10	Recovery Run 30’	**Long Intervals** WU 15’ / 3 x (5’Z3/1’30’’Z1) / CD 15’	Easy Run 30’	Easy Run 60’	Easy Run 30’	Rest Day!	**RACE / TIME TRIAL 5k CC**