

# Earned Runs™ “TEN-WEEK TURKEY TROT TRACK-DAY” 5K Training Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Sept 12	Dynamic Warm-ups  TRACK DAY #1	Lower Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #1 Run: walk (1: 2min) x 5 +5min each/ warm-up + cool-down = 20 min	Dead Bugs  Myrtls  REST	CROSS TRAIN or REST	Dynamic Warm-ups  RUN #2 Run: walk (2: 2min) x 5 +5min each/ warm-up + cool-down = 30 min	Foam Roll  REST
Week 2 Sept 19	Dynamic Warm-ups  TRACK DAY #2	Upper Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #3 Run: walk (1:1min) x 10 +5min each/ warm-up + cool-down = 20 min	Dead Bugs  Myrtls  REST	CROSS TRAIN or REST	Dynamic Warm-ups  RUN #4 Run: walk (2:2min) x 5 +5min each/ warm-up + cool-down = 30 min	Foam Roll  REST
Week 3 Sept 26	Dynamic Warm-ups  TRACK DAY #3	Lower Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #5 Run: walk (2:1min) x 8 +5min each/ warm-up + cool-down = 34 min	Dead Bugs  Myrtls  REST	CROSS TRAIN or REST	Dynamic Warm-ups  RUN #6 Run: walk (3:1min) x 5 +5min each/ warm-up + cool-down = 30 min	Foam Roll  REST
Week 4 Oct 3	Dynamic Warm-ups  TRACK DAY #4	Upper Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #7 Run: walk (3:1min) x 7 +5min each/ warm-up + cool-down = 38 min	Dead Bugs  Myrtls  REST	CROSS TRAIN or REST	Dynamic Warm-ups  RUN #8 Run: walk (3:1min) x 8 +5min each/ warm-up + cool-down = 42 min	Foam Roll  REST

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Week 5 Oct 10	Dynamic Warm-ups  TRACK DAY #5	Lower Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #9 Run: walk (4:1min) x 6 +5min each/ warm-up + cool-down = 40min	Dead Bugs  CROSS TRAIN or REST	Myrtls  REST	Dynamic Warm-ups  RUN #10 Run: walk (4:1min) x 7 +5min each/ warm-up + cool-down = 45min	Foam Roll  REST
Week 6 Oct 17	Dynamic Warm-ups  TRACK DAY #6	Upper Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #11 Run: walk (5:1min) x 6 +5min each/ warm-up + cool-down = 46min	Dead Bugs  CROSS TRAIN or REST	Myrtls  REST	Dynamic Warm-ups  RUN #12 Run: walk (6:1min) x 5 +5min each/ warm-up + cool-down = 45min	Foam Roll  REST
Week 7 Oct 24	Dynamic Warm-ups  TRACK DAY #7	Lower Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #13 Run: walk (7:1min) x 4 +5min each/ warm-up + cool-down = 42min	Dead Bugs  CROSS TRAIN or REST	Myrtls  REST	Dynamic Warm-ups  RUN #14 Run: walk (8:1min) x 3 +5min each/ warm-up + cool-down = 37min	Foam Roll  REST
Week 8 Oct 31	Dynamic Warm-ups  TRACK DAY #8	Upper Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #15 Run: walk (9:1min) x 3 +5min each/ warm-up + cool-down = 40 min	Dead Bugs  CROSS TRAIN or REST	Myrtls  REST	Dynamic Warm-ups  RUN #16 Run: walk (10: 1min)x 3 +5min each/ warm-up + cool-down = 43 min	Foam Roll  REST

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Week 9 Nov 7	Dynamic Warm-ups  TRACK DAY #9	Lower Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #17 Run: walk (12: 1min)x 3 +5min each/ warm-up + cool-down = 49 min	Dead Bugs  CROSS TRAIN or REST	Myrtls  REST	Dynamic Warm-ups  RUN #18 Run: walk (15: 1min) x 3 +5min each/ warm-up + cool-down = 58 min	Foam Roll  REST
Week 10 Nov 14	Dynamic Warm-ups  TRACK DAY #10	Upper Body Strength  CROSS TRAIN or REST	Dynamic Warm-ups  RUN #19 Run: walk (20 min run) +5min each/ warm-up + cool-down = 30 min	Dead Bugs  CROSS TRAIN or REST	Myrtls  REST	Dynamic Warm-ups  RUN #20 Run: walk (25min run) +5min each/ warm-up + cool-down = 35 min	Foam Roll  REST
Race Week Nov 20	WALK 30 min	RUN 20 min +5min each/ warm-up + cool-down = 30 min	REST	Nov 24  RACE DAY!  Foam Roll			