Earned RunsTM "TEN-WEEK TURKEY TROT TRACK-DAY" 5K Training Plan

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	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
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Week 2 Sept 19	Dynamic Warm-ups	Upper Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN	Dynamic Warm-ups	Foam Roll
	TRACK DAY #2	CROSS TRAIN or REST	RUN #3 Run: walk (1:1min) x 10 +5min each/ warm-up + cool-down = 20 min	Myrtls REST	or REST	RUN #4 Run: walk (2:2min) x 5 +5min each/ warm-up + cool-down = 30 min	REST
Week 3	Dynamic		Dynamic	Dead		Dynamic	
Sept 26	Warm-ups TRACK DAY #3	Lower Body Strength CROSS TRAIN or REST	Warm-ups RUN #5 Run: walk (2:1min) x 8 +5min each/	Bugs Myrtls REST	CROSS TRAIN or REST	Warm-ups RUN #6 Run: walk (3:1min) x 5 +5min each/ warm-up +	Foam Roll REST
		KES1	warm-up + cool-down = 34 min			cool-down = 30 min	
Wast 4	Domestic		Damana:	Dead		Demonsis	
Week 4 Oct 3	Dynamic Warm-ups TRACK	Upper Body Strength	Dynamic Warm-ups RUN #7	Dead Bugs Myrtls	CROSS TRAIN or	Dynamic Warm-ups RUN #8	Foam Roll
	DAY #4	CROSS TRAIN or REST	Run: walk (3:1min) x 7 +5min each/ warm-up + cool-down = 38 min	REST	REST	Run: walk (3:1min) x 8 +5min each/ warm-up + cool-down = 42 min	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	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	Foam Roll REST
			= 40min			= 45min	
Week 6 Oct 17	Dynamic Warm-ups	Upper Body Strength	Dynamic Warm-ups	Dead Bugs	Myrtls	Dynamic Warm-ups RUN #12	Foam Roll
	DAY #6	CROSS TRAIN or REST	Run: walk (5:1min) x 6 +5min each/ warm-up + cool-down = 46min	CROSS TRAIN or REST	REST	Run: walk (6:1min) x 5 +5min each/ warm-up + cool-down = 45min	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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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9 Nov 7	Dynamic Warm-ups	Lower Body Strength	Dynamic Warm-ups	Dead Bugs	Myrtls	Dynamic Warm-ups	Foam
1(0)	TRACK DAY	CROSS	RUN #17 Run: walk	CROSS	14191113	RUN #18 Run: walk	Roll
	#9	TRAIN or REST	(12: 1min)x 3 +5min each/ warm-up + cool-down = 49 min	TRAIN or REST	REST	(15: 1min) x 3 +5min each/ warm-up + cool-down = 58 min	REST
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Week 10	Dynamic Warm-ups	Upper	Dynamic Warm-ups	Dead	N. (1	Dynamic Warm-ups	r
Nov 14	TRACK DAY	Body Strength	RUN #19 Run: walk	Bugs CROSS	Myrtls	RUN #20 Run: walk	Foam Roll
	#10	CROSS TRAIN or REST	(20 min run) +5min each/ warm-up + cool-down = 30 min	TRAIN or REST	REST	(25min run) +5min each/ warm-up + cool-down = 35 min	REST
Race Week				Nov 24			
Nov 20	WALK 30 min	RUN 20 min	REST	RACE DAY!			
		+5min each/ warm-up + cool-down = 30 min		Foam Roll			