

EARNED RUNS™ “2016 TURKEY TROT with TRACK-DAY” 5K Training Plan

*walk	\$see chart	Be sure	to check	out the	NOTES	at end of the	Plan!!!
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Dynamic Warm-ups	Lower Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 30 min	Dynamic Warm-ups	Foam Roll
Sept 12	TRACK DAY #1	CROSS TRAIN 30 min or REST	RUN #1 5min warm-up* Run: walk (1: 2min) x 5 5min cool-down* = 25 min total	MYRTLs REST		RUN #2 5min warm-up* Run: walk (2: 2min) x 5 5min cool-down* ~ 30 min total ~ 0.7 - 1mile run\$	REST
Week 2	Dynamic Warm-ups	Upper Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 30 min	Dynamic Warm-ups	Foam Roll
Sept 19	TRACK DAY #2	CROSS TRAIN 30 min or REST	RUN #3 5min warm-up* Run: walk (1: 1min) x 10 5min cool-down* = 30 min	MYRTLs REST		RUN #4 5min warm-up* Run: walk (2: 2min) x 5 5min cool-down* ~ 30 min total ~.0.7 - 1mile run\$	REST
Week 3	Dynamic Warm-ups	Lower Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 35 min	Dynamic Warm-ups	Foam Roll
Sept 26	TRACK DAY #3	CROSS TRAIN 35 min or REST	RUN #5 5min warm-up* Run: walk (2: 1min) x 8 5min cool-down* = 34 min	MYRTLs REST		RUN #6 5min warm-up* Run: walk (3: 1min) x 5 5min cool-down* = 30 min total ~ 1 – 1.5mile run\$	REST
Week 4	Dynamic Warm-ups	Upper Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 35 min	Dynamic Warm-ups	Foam Roll
Oct 3	TRACK DAY #4	CROSS TRAIN 35 min or REST	RUN #7 5min warm-up* Run: walk (3: 1min) x 7 5min cool-down* = 38 min	MYRTLs REST		RUN #8 5min warm-up* Run: walk (3: 1min) x 8 5min cool-down* = 42 min total ~ 1.7 –2.4mile run\$	REST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 Oct 10	Dynamic Warm-ups TRACK DAY #5	Lower Body Strength CROSS TRAIN 40 min or REST	Dynamic Warm-ups RUN #9 5min warm-up* Run: walk (4: 1min) x 6 5min cool-down* = 40min	Dead Bugs MYRTLs REST	CROSS TRAIN 40 min	Dynamic Warm-ups RUN #10 5min warm-up* Run: walk (4: 1min) x 7 5min cool-down* = 45min total ~ 2 - 2.8 mile run\$	Foam Roll REST
Week 6 Oct 17	Dynamic Warm-ups TRACK DAY #6	Upper Body Strength CROSS TRAIN 40 min or REST	Dynamic Warm-ups RUN #11 5min warm-up* Run: walk (5: 1min) x 6 5min cool-down* = 46min	Dead Bugs MYRTLs REST	CROSS TRAIN 40 min	Dynamic Warm-ups RUN #12 5min warm-up* Run: walk (6: 1min) x 5 5min cool-down* = 45min total ~ 2.1 - 3mile run\$	Foam Roll REST
Week 7 Oct 24	Dynamic Warm-ups TRACK DAY #7	Lower Body Strength CROSS TRAIN 40 min or REST	Dynamic Warm-ups RUN #13 5min warm-up Run: walk (7: 1min) x 4 5min cool-down* = 42 min	Dead Bugs MYRTLs REST	CROSS TRAIN 40 min	Dynamic Warm-ups RUN #14 5min warm-up* Run: walk (8: 1min) x 3 5min cool-down* = 37 min total ~1.7- 2.4mile run\$	Foam Roll REST
Week 8 Oct 31	Dynamic Warm-ups TRACK DAY #8	Upper Body Strength CROSS TRAIN 45 min or REST	Dynamic Warm-ups RUN #15 5min warm-up* Run: walk (9: 1min) x 3 5min cool-down* = 40 min	Dead Bugs MYRTLs REST	CROSS TRAIN 45 min	Dynamic Warm-ups RUN #16 5min warm-up* Run: walk (10: 1min) x 3 5min cool-down* = 43 min total ~ 2.1- 3mile run\$	Foam Roll REST

Adapted from Mario Fraioli, March 25, 2016 “5K Training for Beginners” Competitor.com
http://running.competitor.com/2014/03/training/a-5k-training-plan-for-beginners_37775

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Dynamic Warm-ups	Lower Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 45 min	Dynamic Warm-ups	Foam Roll
Nov 7	TRACK DAY #9	CROSS TRAIN 45 min or REST	RUN #17 5min warm-up* Run: walk (12: 1min) x 3 5min cool-down* = 49 min	MYRTLs REST		RUN #18 5min warm-up* Run: walk (15: 1min) x 3 5min cool-down* ~58 min total ~3.2 – 4.5mile run\$	REST
Week 10	Dynamic Warm-ups	Upper Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 30 min	Dynamic Warm-ups	Foam Roll
Nov 14	TRACK DAY #10	CROSS TRAIN 30 min or REST	RUN #19 5min warm-up* Run: walk 20 min run only 5min cool-down* = 30 min	MYRTLs REST		RUN #20 5min warm-up* Run: walk 25 min run only 5min cool-down* = 35 min total ~1.8- 2.5mile run\$	REST
				NOV 24			
Race Week		RUN #21 5min warm-up*		Dynamic Warmups			
Nov 20	WALK 30 min	Run:walk 20min run only 5min cool-down* = 30 min	REST UP!	MYRTLs 5K RACE DAY! Foam Roll Stretch			

Notes: * denotes WALK warm-up and cool-down; \$ see MILE chart to estimate distance

- 1) See the **TRACK DAY Schedule** for workout details each Monday
- 2) You can shift the calendar forward or backward so the workouts fit your schedule.
- 3) **Dynamic warm-ups**: stretches that help increase joint flexibility.
- 4) **STRENGTH**: design your own routines or see the **RESOURCES** page for suggestions
- 5) **MYRTL's** are a set of movements that improve hip mobility; BEST performed before each run. Get at least one session/week done (THURS in schedule) regardless of timing.
- 6) **DEAD BUGS** are core/abdominal exercises; do these or choose your own.
- 7) **Foam Rolling** is a type of self-massage that helps relieve tightness in soft tissue.
- 8) *See RESOURCES page for descriptions/video demonstrations of above routines!*