

Earned Runs™ “2017 TURKEY TROT with TRACK-DAY” 5K Training Plan
SEE Notes at end of last page

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Dynamic stretches	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 30 min	Dynamic stretches	Foam Roll
Sept 11	TRACK DAY #1	CROSS TRAIN 30 min or REST	Walk 5min <u>Run: walk</u> (1: 2min) x 5 Walk 5min = 25 min total	MYRTLs REST		Walk 5min <u>Run: walk</u> (2: 2min) x 5 Walk 5min* ~ 30 min total ~ 0.7 - 1mile run	REST
Week 2	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 30 min	Dynamic stretches	Foam Roll
Sept 18	TRACK DAY #2	CROSS TRAIN 30 min or REST	Walk 5min <u>Run: walk</u> (1: 1min) x 10 Walk 5min = 30 min	MYRTLs REST		Walk 5min Run: walk (2: 2min) x 5 Walk 5min ~ 30 min total ~.0.7 - 1mile run	REST
Week 3	Dynamic stretches	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 35 min	Dynamic stretches	Foam Roll
Sept 25	TRACK DAY #3	CROSS TRAIN 35 min or REST	Walk 5min <u>Run: walk</u> (2: 1min) x 8 Walk 5min = 34 min	MYRTLs REST		Walk 5min <u>Run: walk</u> (3: 1min) x 5 Walk 5min = 30 min total ~ 1 - 1.5mile run	REST
Week 4	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 35 min	Dynamic stretches	Foam Roll
Oct 2	TRACK DAY #4	CROSS TRAIN 35 min or REST	Walk 5min <u>Run: walk</u> (3: 1min) x 7 Walk 5min = 38 min	MYRTLs REST		Walk 5min <u>Run: walk</u> (3: 1min) x 8 Walk 5min = 42 min total ~ 1.7 -2.4mile run	REST

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Week 5	Dynamic stretches	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 40 min	Dynamic stretches	Foam Roll
Oct 9	TRACK DAY #5	CROSS TRAIN 40 min or REST	Walk 5min Run: walk (4: 1min) x 6 Walk 5min = 40min total	MYRTLs REST		Walk 5min Run: walk (4: 1min) x 7 Walk 5min = 45min total ~ 2 - 2.8 mile run	REST
Week 6	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 40 min	Dynamic stretches	Foam Roll
Oct 16	TRACK DAY #6	CROSS TRAIN 40 min or REST	Walk 5min Run: walk (5: 1min) x 6 Walk 5min = 46min	MYRTLs REST		Walk 5min Run: walk (6: 1min) x 5 Walk 5min = 45min total ~ 2.1 - 3mile run	REST
Week 7	Dynamic stretches	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 40 min	Dynamic stretches	Foam Roll
Oct 23	TRACK DAY #7	CROSS TRAIN 40 min or REST	Walk 5min Run: walk (7: 1min) x 4 Walk 5min = 42 min	MYRTLs REST		Walk 5min Run: walk (8: 1min) x 3 Walk 5min = 37 min total ~1.7- 2.4mile run	REST
Week 8	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN 45 min	Dynamic stretches	Foam Roll
Oct 30	TRACK DAY #8	CROSS TRAIN 45 min or REST	Walk 5min Run: walk (9: 1min) x 3 Walk 5min = 40 min	MYRTLs REST		Walk 5min Run: walk (10: 1min) x 3 Walk 5min = 43 min total ~ 2.1- 3mile run	REST

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Week 9	Dynamic stretches	Lower Body	Dynamic stretches	Dead Bugs	CROSS TRAIN 45 min	Dynamic stretches	Foam Roll
Nov 6	TRACK DAY #9	Strength CROSS TRAIN 45 min or REST	Walk 5min Run: walk (12: 1min) x 3 Walk 5min = 49 min	MYRTLs REST		Walk 5min Run: walk (15: 1min) x 3 Walk 5min = 58 min total ~3.2 - 4.5mile run	REST
Week 10	Dynamic stretches	Upper Body	Dynamic stretches	Dead Bugs	CROSS TRAIN 30 min	Dynamic stretches	Foam Roll
Nov 13	TRACK DAY #10	Strength CROSS TRAIN 30 min or REST	Walk 5min RUN 20 min Walk 5min = 30 min	MYRTLs REST		Walk 5min RUN 25 min Walk 5min = 35 min total ~1.8- 2.5mile run	REST
				NOV 23			
Race Week (11)	WALK 30 min	Walk 5min	REST UP or	Dynamic stretches	MYRTLs		
Nov 20		RUN 20 min	Walk 5min		5K RACE DAY!		
		Walk 5min = 30 min	RUN easy 15 min Walk 5min		Foam Roll		
					Stretch		

- 1) Walks before (warm-up) and after (cool-down) should be at moderate pace
- 2) A MILE chart is posted to help estimate distance based on individual mile pace
- 3) See the **TRACK DAY Schedule** for workout details each Monday
- 4) You can shift the calendar forward or backward so the workouts fit your schedule.
- 5) **Dynamic warm-ups:** stretches that help increase joint flexibility.
- 6) **STRENGTH:** design your own routines or see the **RESOURCES** page for suggestions
- 7) **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.
- 8) **Foam Rolling** is a type of self-massage that helps relieve tightness in soft tissue.
- 9) **See RESOURCES page for descriptions/video demonstrations of above routines!**