

## Earned Runs™ “2018 TURKEY TROT” 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 10	1.5 miles walk or 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	30 min	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 17	2 miles walk or 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	30 min	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 24	2.25 miles walk or 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	35 min	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 1	3 miles walk or 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	35 min	Walk 5min* <u>Run: walk</u> (3: 1min) x 8 Walk 5min* = 42 min total ~ 1.7 -2.4mile run	REST

**Earned Runs™ “2018 TURKEY TROT” 5K Training Plan**  
**SEE Notes at end of last page**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Dynamic Warm-ups	Lower Body	Dynamic Warm-ups	Dead Bugs		Dynamic Warm-ups	
Oct 8	2.75 miles walk or Track day #5	Strength CROSS TRAIN 40 min or REST	5min warm-up* Run: walk (4: 1min) x 6 5min cool-down* = 40min	MYRTLs  REST	CROSS TRAIN 40 min	5min warm-up* Run: walk (4: 1min) x 7 5min cool-down* = 45min total ~ 2 - 2.8 mile run	Foam Roll  REST
Week 6	Dynamic Warm-ups	Upper Body	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 40 min	Dynamic Warm-ups	Foam Roll
Oct 15	3.0 miles walk or Track day #6	Strength CROSS TRAIN 40 min or REST	5min warm-up* Run: walk (5: 1min) x 6 5min cool-down* = 46min	MYRTLs  REST		5min warm-up* Run: walk (6: 1min) x 5 5min cool-down* = 45min total ~ 2.1 - 3mile run	REST
Week 7	Dynamic Warm-ups	Lower Body	Dynamic Warm-ups	Dead Bugs		Dynamic Warm-ups	Foam Roll
Oct 22	3 miles walk or Track day #7	Strength CROSS TRAIN 40 min or REST	5min warm-up Run: walk (7: 1min) x 4 5min cool-down* = 42 min	MYRTLs  REST	CROSS TRAIN 40 min	5min warm-up* Run: walk (8: 1min) x 3 5min cool-down* = 37 min total ~1.7- 2.4mile run	REST
Week 8	Dynamic Warm-ups	Upper Body	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN 45 min	Dynamic Warm-ups	Foam Roll
Oct 29	2.5 miles walk or Track day #8	Strength CROSS TRAIN 45 min or REST	5min warm-up* Run: walk (9: 1min) x 3 5min cool-down* = 40 min	MYRTLs  REST		5min warm-up* Run: walk (10: 1min) x 3 5min cool-down* = 43 min total ~ 2.1- 3mile run	REST

**Earned Runs™ “2018 TURKEY TROT” 5K Training Plan**  
**SEE Notes at end of last page**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Dynamic Warm-ups	Lower Body Strength	Dynamic Warm-ups	Dead Bugs	CROSS TRAIN	Dynamic Warm-ups	Foam Roll
Nov 5	2.5 miles walk or Track day #9	CROSS TRAIN 45 min or REST	5min warm-up* Run: walk (12: 1min) x 3 5min cool-down* = 49 min	MYRTLs  REST	45 min	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	Dynamic Warm-ups	Foam Roll
Nov 12	3.5 miles walk or Track day #10	CROSS TRAIN 30 min or REST	5min warm-up* Run: walk 20 min run only 5min cool-down* = 30 min	MYRTLs  REST	30 min	5min warm-up* Run: walk 25 min run only 5min cool-down* = 35 min total ~1.8- 2.5mile run	REST
<b>NOV 23</b>							
Race Week (11)	WALK 30 min	5min warm-up*	REST UP or	Dynamic Warmups			
Nov 19		Run:walk 20 min run only 5min cool-down* = 30 min	5min warm-up* Run easy 15 min 5min cool-down*	MYRTLs  5K RACE DAY!  Foam Roll  Stretch			

- 1) Warm-ups and cool-downs should be walked at moderate pace
- 2) A MILE chart is posted to help estimate distance based on individual mile pace
- 3) See the Optional **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!**