

EARNED RUNS™ “2019 TURKEY TROT” 5K RUN Beginner 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	Dynamic stretches	Foam Roll
Sept 16	1.5 miles walk or Track day #1	CROSS TRAIN 30 min or REST	Walk 5 min <u>Run: walk</u> (1: 2min) x 5 Walk 5 min = 25 min total	MYRTLs REST	30 min	Walk 5 min <u>Run: walk</u> (2: 2min) x 5 Walk 5 min ~ 30 min total ~ 0.7 - 1mile run	REST
Week 2	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Sept 23	2 miles walk or Track day #2	CROSS TRAIN 30 min or REST	Walk 5 min <u>Run: walk</u> (1: 1min) x 10 Walk 5 min = 30 min	MYRTLs REST	30 min	Walk 5 min Run: walk (2: 2min) x 5 Walk 5 min ~ 30 min total ~.0.7 - 1mile run	REST
Week 3	Dynamic stretches	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Sept 30	2.25 miles walk or Track day #3	CROSS TRAIN 35 min or REST	Walk 5 min <u>Run: walk</u> (2: 1min) x 8 Walk 5 min = 34 min	MYRTLs REST	35 min	Walk 5 min <u>Run: walk</u> (3: 1min) x 5 Walk 5 min = 30 min total ~ 1-1.5mile run	REST
Week 4	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Oct 7	3 miles walk or Track day #4	CROSS TRAIN 35 min or REST	Walk 5 min <u>Run: walk</u> (3: 1 min) x 7 Walk 5 min = 38 min	MYRTLs REST	35 min	Walk 5 min <u>Run: walk</u> (3: 1 min) x 8 Walk 5min = 42 min total ~ 1.7-2.4mile run	REST

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Week 5	Dynamic Warm-ups	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Oct 14	2.75 miles walk or Track day #5	CROSS TRAIN 40 min or REST	5 min warm-up <u>Run: walk</u> (4: 1min) x 6 5 min cool-down = 40 min	MYRTLs REST	40 min	5 min warm-up <u>Run: walk</u> (4: 1min) x 7 5 min cool-down = 45 min total ~ 2 - 2.8 mile run	REST
Week 6	Dynamic Warm-ups	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Oct 21	3.0 miles walk or Track day #6	CROSS TRAIN 40 min or REST	5 min warm-up <u>Run: walk</u> (5: 1 min) x 6 5 min cool-down = 46 min	MYRTLs REST	40 min	5 min warm-up <u>Run: walk</u> (6: 1min) x 5 5 min cool-down = 45 min total ~ 2.1 - 3mile run	REST
Week 7	Dynamic Warm-ups	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Oct 28	3 miles walk or Track day #7	CROSS TRAIN 40 min or REST	5 min warm-up <u>Run: walk</u> (7: 1min) x 4 5 min cool-down = 42 min	MYRTLs REST	40 min	5 min warm-up <u>Run: walk</u> (8: 1min) x 3 5 min cool-down = 37 min total ~1.7- 2.4mile run	REST
Week 8	Dynamic Warm-ups	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Nov 4	2.5 miles walk or Track day #8	CROSS TRAIN 45 min or REST	5 min warm-up <u>Run: walk</u> (9: 1min) x 3 5 min cool-down = 40 min	MYRTLs REST	45 min	5min warm-up* <u>Run: walk</u> (10: 1min) x 3 5 min cool-down = 43 min total ~ 2.1- 3mile run	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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Week 9	Dynamic Warm-ups	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Nov 11	2.5 miles walk or Track day #9	CROSS TRAIN 45 min or REST	5 min warm-up <u>Run: walk</u> (12: 1min) x 3 5 min cool-down = 49 min	MYRTLs REST	45 min	5 min warm-up <u>Run: walk</u> (15: 1min) x 3 5 min cool-down = 58 min total ~3.2 - 4.5mile run	REST
Week 10	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Nov 18	3.5 miles walk or Track day #10	CROSS TRAIN 30 min or REST	5 min warm-up 20 min run only 5 min cool-down = 30 min	MYRTLs REST	30 min	5 min warm-up 25 min run only 5 min cool-down = 35 min total ~1.8- 2.5mile run	REST
				NOV 28			
Race Week (11)	WALK 30 min	Dynamic stretches 5 min warm-up 20 min run ONLY 5 min cool-down = 30 min	REST UP or 5 min warm-up 15 min easy run 5 min cool-down = 20 min	Dynamic stretches MYRTLs 5K RACE DAY! Foam Roll Stretch			

- 1) Warm-ups and cool-downs should be walked at moderately intense 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, but perform at least 1 session/week (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!**