

**EARNED RUNS™ WALKER 2020 TURKEY TROT™ 5K - 10K Beginner Training Plan**

SEE Notes at end of last page

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST or walk	WALK 15 min	REST or	HIIT WALK	REST	Dynamic Stretches	MYRTLs  EASY
Sept 21	Learn to Foam Roll	Lower Body Strength	CROSS TRAIN 30 min  Dead Bugs	<u>18 min</u> 3 min easy then 3 min hard (repeat3x)  Stretch		WALK 1.5 miles	WALK 30-50 min
Week 2	REST or walk	WALK 20 min	REST or	HIIT WALK	REST	Dynamic Stretches	MYRTLs  EASY
Sept 28	Foam Roll	Upper Body Strength	CROSS TRAIN 30 min  Dead Bugs	<u>24 min</u> 3 min easy then 3 min hard (repeat4x)  Stretch		WALK 2.0 miles	WALK 40-55 min
Week 3	REST or walk	WALK 25 min	REST Or	HIIT WALK	REST	Dynamic Stretches	MYRTLs  EASY
Oct 5	Foam Roll	Lower Body Strength	CROSS TRAIN 30 min  Dead Bugs	<u>30 min</u> 3 min easy then 3 min hard (repeat5x)  Stretch		WALK 2.5 miles	WALK 50-60 min
Week 4	Foam Roll	WALK 30 min	REST or	HIIT WALK	REST	Dynamic Stretches	MYRTLs  EASY
Oct 12	REST or walk	Upper Body Strength	CROSS TRAIN 30 min  Dead Bugs	<u>36 min</u> 3 min easy then 3 min hard (repeat6x)  Stretch		WALK 3.0 miles	WALK 60 min

Adapted from Hal Higdon's WALKERS Training Programs

<https://www.halhigdon.com/training-programs/5k-training/walkers-5k/>

<https://www.halhigdon.com/training-programs/10k-training/walkers-10k/>

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Week 5	Foam Roll	WALK 35 min	REST or	HIIT WALK <u>36 min</u>	REST	Dynamic Stretches	MYRTLs
Oct 19	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy then 3 min hard (repeat6x) Stretch		WALK 3.5 miles	EASY WALK 45-90 min
Week 6	Foam Roll	WALK 40 min	REST or	HIIT WALK <u>42 min</u>	REST	Dynamic Stretches	MYRTLs
Oct 26	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy then 3 min hard (repeat7x) Stretch		WALK 4.0 miles	EASY WALK 55-90 min
Week 7	Foam Roll	WALK 45 min	REST or	HIIT WALK <u>42 min</u>	REST	Dynamic Stretches	MYRTLs
Nov 2	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy then 3 min hard (repeat7x) Stretch		WALK 4.5 miles	EASY WALK 65-90 min
Week 8	Foam Roll	WALK 50 min	REST or	HIIT WALK <u>42-48 min</u>	REST	Dynamic Stretches	MYRTLs
Nov 9	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy: 3 min hard (repeat 7-8x) Stretch		WALK 5.0 miles	EASY WALK 75-90 min

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Foam Roll	WALK 55 min	REST or walk	HIIT WALK <u>42-48 min</u>	REST	Dynamic Stretches	MYRTLs
Nov 16	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy: 3 min hard (repeat 7-8x) Stretch		WALK 5.5 miles	EASY WALK 80-90 min
				NOV 26			
Race Week (10)	Foam Roll	WALK 30 min	REST	MYRTLs Dynamic Stretches			
Nov 23	REST or walk	Stretch		TURKEY TROT!!!  Post-race Stretches			

**Warm-up when starting**, walk the first 6 minutes at EASY pace; progress to walking at moderate intensity except for EASY days, when entire walk is at more leisurely pace.

**HIIT WALK:** High Intensity Interval Training walks will serve as speed training. Walk at an easy pace to warmup, then increase pace to moderate intensity for 3 min, then moderate to high intensity for 3 min. Repeat cycle (3:3 minutes). Example: 6 min warmup + 4 cycles (3:3 min) = 30 min HIIT

**Dynamic stretches:** activates muscles; perform as often as you like, at least 1 day/week

**STRENGTH:** design your own routines or see the RESOURCES page for suggestions.

Perform at least 1day/week or increase to 2-3 days if you wish to build strength.

**MYRTL's** are a set of movements that improve hip mobility; BEST performed before each walk. Get at least one session/week done (Sundays in schedule) regardless of timing.

**DEAD BUGS** are core/abdominal exercises; do them OR choose other core exercises.

**Foam Rolling** is a type of self-massage that helps relieve tightness in soft tissue.

**See RESOURCES page for descriptions/video demonstrations of all above routines!**

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