

EARNED RUNS™ “2021 CANADIAN THANKSGIVING DAY” 5K RUN
ABBREVIATED BEGINNER TRAINING PLAN (Notes at end of last page)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1	Dynamic Warm-ups	Lower Body	Dynamic stretches	Dead Bugs		Dynamic stretches	
Aug 30	2.75 miles walk	Strength 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	CROSS TRAIN 40 min	5 min warm-up <u>Run: walk</u> (4: 1 min) x 7 5 min cool-down = 45 min total ~ 2 - 2.8 mile run	Foam Roll REST
Week 2	Dynamic Warm-ups	Upper Body	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Sept 6	3.0 miles walk	Strength 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: 1 min) x 5 5 min cool-down = 45 min total ~ 2.1 - 3mile run	REST
Week 3	Dynamic Warm-ups	Lower Body	Dynamic stretches	Dead Bugs		Dynamic stretches	Foam Roll
Sept 13	3 miles walk	Strength CROSS TRAIN 40 min or REST	5 min warm-up <u>Run: walk</u> (7: 1 min) x 4 5 min cool-down = 42 min	MYRTLs REST	CROSS TRAIN 40 min	5 min warm-up <u>Run: walk</u> (8: 1 min) x 3 5 min cool-down = 37 min total ~1.7- 2.4mile run	REST
Week 4	Dynamic Warm-ups	Upper Body	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Sept 20	2.5 miles walk	Strength CROSS TRAIN 45 min or REST	5 min warm-up <u>Run: walk</u> (9: 1 min) x 3 5 min cool-down = 40 min	MYRTLs REST	45 min	5min warm-up* <u>Run: walk</u> (10: 1 min) x 3 5 min cool-down = 43 min total ~ 2.1- 3mile run	REST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Dynamic Warm-ups	Lower Body Strength	Dynamic stretches	Dead Bugs	CROSS TRAIN	Dynamic stretches	Foam Roll
Sept 27	2.5 miles walk	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: 1 min) x 3 5 min cool-down = 58 min total ~3.2 – 4.5mile run	REST
Week 6	Dynamic stretches	Upper Body Strength	Dynamic stretches	Dead Bugs	Light CROSS TRAIN	Dynamic stretches	Foam Roll
Oct 4	3.5 miles walk	CROSS TRAIN 30 min or REST	5 min warm-up 15 min run only 5 min cool-down = 20 min	MYRTLs REST	30 min	5 min warm-up 15 min run only 5 min cool-down = 20 min total	REST
Race Day	Dynamic stretches						
October 11	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 online 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 (start each week Sunday or Tuesday for example) 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 should be performed, at a minimum, at least once per week (THURS in schedule) any time you can fit them into schedule.
- 6) **DEAD BUGS** are core/abdominal exercises; do these or choose your own alternate exercises.
- 8) **FOAM ROLLING** is a type of self-massage that helps relieve tightness in soft tissue. Perform them before or after each session or a minimum of once a week, any time you can fit them into schedule.
- 9) *See **RESOURCES** page for descriptions/video demonstrations of the above routines!*

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