

EARNED RUNS™ “2021 TURKEY TROT” 5K RUN BEGINNER TRAINING PLAN
SEE Notes at end of last page

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 1 Sept 13	Dynamic stretches 1.5 miles walk or Track day #1	Lower Body Strength CROSS TRAIN 30 min or REST	Dynamic stretches Walk 5 min <u>Run: walk</u> (1: 2min) x 5 Walk 5 min = 25 min total	Dead Bugs MYRTLs REST	CROSS TRAIN 30 min	Dynamic stretches Walk 5 min <u>Run: walk</u> (2: 2 min) x 5 Walk 5 min ~ 30 min total ~ 0.7 - 1mile run	Foam Roll REST
Week 2 Sept 20	Dynamic stretches 2 miles walk or Track day #2	Upper Body Strength CROSS TRAIN 30 min or REST	Dynamic stretches Walk 5 min <u>Run: walk</u> (1: 1min) x 10 Walk 5 min = 30 min	Dead Bugs MYRTLs REST	CROSS TRAIN 30 min	Dynamic stretches Walk 5 min <u>Run: walk</u> (2: 2 min) x 5 Walk 5 min ~ 30 min total ~.0.7 - 1mile run	Foam Roll REST
Week 3 Sept 27	Dynamic stretches 2.25 miles walk or Track day #3	Lower Body Strength CROSS TRAIN 35 min or REST	Dynamic stretches Walk 5 min <u>Run: walk</u> (2: 1min) x 8 Walk 5 min = 34 min	Dead Bugs MYRTLs REST	CROSS TRAIN 35 min	Dynamic stretches Walk 5 min <u>Run: walk</u> (3: 1 min) x 5 Walk 5 min = 30 min total ~ 1–1.5mile run	Foam Roll REST
Week 4 Oct 4	Dynamic stretches 2.5 miles walk or Track day #4	Upper Body Strength CROSS TRAIN 35 min or REST	Dynamic stretches Walk 5 min <u>Run: walk</u> (3: 1 min) x 7 Walk 5 min = 38 min	Dead Bugs MYRTLs REST	CROSS TRAIN 35 min	Dynamic stretches Walk 5 min <u>Run: walk</u> (3: 1 min) x 8 Walk 5min = 42 min total ~ 1.7–2.4mile run	Foam Roll REST

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 5 Oct 11	Dynamic Warm-ups 2.75 miles walk or Track day #5	Lower Body Strength CROSS TRAIN 40 min or REST	Dynamic stretches 5 min warm-up <u>Run: walk</u> (4: 1min) x 6 5 min cool-down = 40 min	Dead Bugs MYRTLs REST	CROSS TRAIN 40 min	Dynamic stretches 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 6 Oct 18	Dynamic Warm-ups 3.0 miles walk or Track day #6	Upper Body Strength CROSS TRAIN 40 min or REST	Dynamic stretches 5 min warm-up <u>Run: walk</u> (5: 1 min) x 6 5 min cool-down = 46 min	Dead Bugs MYRTLs REST	CROSS TRAIN 40 min	Dynamic stretches 5 min warm-up <u>Run: walk</u> (6: 1 min) x 5 5 min cool-down = 45 min total ~ 2.1 - 3mile run	Foam Roll REST
Week 7 Oct 25	Dynamic Warm-ups 3 miles walk or Track day #7	Lower Body Strength CROSS TRAIN 40 min or REST	Dynamic stretches 5 min warm-up <u>Run: walk</u> (7: 1 min) x 4 5 min cool-down = 42 min	Dead Bugs MYRTLs REST	CROSS TRAIN 40 min	Dynamic stretches 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	Foam Roll REST
Week 8 Nov 1	Dynamic Warm-ups 2.5 miles walk or Track day #8	Upper Body Strength CROSS TRAIN 45 min or REST	Dynamic stretches 5 min warm-up <u>Run: walk</u> (9: 1 min) x 3 5 min cool-down = 40 min	Dead Bugs MYRTLs REST	CROSS TRAIN 45 min	Dynamic stretches 5min warm-up* <u>Run: walk</u> (10: 1 min) x 3 5 min cool-down = 43 min total ~ 2.1- 3mile run	Foam Roll REST

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9 Nov 8	Dynamic Warm-ups 2.5 miles walk or Track day #9	Lower Body Strength CROSS TRAIN 45 min or REST	Dynamic stretches 5 min warm-up <u>Run: walk</u> (12: 1min) x 3 5 min cool-down = 49 min	Dead Bugs MYRTLs REST	CROSS TRAIN 45 min	Dynamic stretches 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	Foam Roll REST
Week 10 Nov 15	Dynamic stretches 3.5 miles walk or Track day #10	Upper Body Strength CROSS TRAIN 30 min or REST	Dynamic stretches 5 min warm-up 20 min run only 5 min cool-down = 30 min	Dead Bugs MYRTLs REST	CROSS TRAIN 30 min	Dynamic stretches 5 min warm-up 25 min run only 5 min cool-down = 35 min total ~1.8- 2.5mile run	Foam Roll REST
				NOV 25			
Race Week (11) Nov 22	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 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.

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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g) See RESOURCES page for descriptions/video demonstrations of the above routines!