

22 Day Preparation Plan to Run/Walk a "Turkey Trot" Race*

	Wed	Thurs	Friday	Sat	Sunday	Mon	Tues
Week 1 Nov 1	5 min walk Run/walk (1: 2min) x 5 = <u>15 min</u>		5 min walk Run/walk (1:2min) x 6 = <u>18 min</u>		5 min walk Run/walk (1:1min) x 10 = <u>20 min</u>		5 min walk Run/ walk (2:2 min) x 5 = <u>20 min</u>
Week 2 Nov 8	Myrtls Recovery: 20 min brisk walk Post-run Stretches	Foam Roll	Myrtls Run/walk - (2:2min) x 6 = <u>24 min</u> Post-run Stretches	Foam Roll	Myrtls Run/walk- (3:2min) x 4 = <u>20 min</u> Post-run Stretches	Foam Roll	Myrtls Run/walk - (3:2min) x 5 = <u>25 min</u> Post-run Stretches
Week 3 Nov 15	Myrtls Recovery: 20min brisk walk Post-run Stretches	Lower Body Strength	Myrtls Run/walk- (4:2min) x 5 = <u>30 min</u> Post-run Stretches	Dead Bugs Foam Roll	Myrtls Run/walk- (5:2min) x 3 = <u>21 min</u> Post-run Stretches	Foam Roll	Myrtls Run/walk- (5:2min) x 4 = <u>28 min</u> Post-run Stretches
Week 4 Nov 22	Myrtls Recover: 20min brisk walk Post-run Stretches	Myrtls TURKEY TROT!!! Walk/run 30 min; record distance Walk remaining distance	Recover 20 min walk Foam Roll	Dead Bugs Foam oll			

