

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 Roll | | | |

