26 Day/4 Week Training Plan to Run/Walk a "Turkey Trot" Race*

	Sunday	Monday	Tuesday	Wednes-day	Thursday	Friday	Saturday
Week 1 Nov 1	Myrtls 5 min walk Run/walk (1: 2min) x 5 = 15 min Post-run Stretches	Myrtls	Myrtls 5 min walk Run/walk (1:2min) x 6 = 18 min Post-run stretches	Myrtls	Myrtls 5 min walk Run/walk (1:1min) x 10 = 20 min Post-run stretches	Myrtls	Myrtls 5 min walk Run/ walk (2:2 min) x 5 = 20 min Post-run stretches
Week 2 Nov 8	Myrtls DWarm-ups Recovery: 20 min brisk walk Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run/walk - (2:2min) x 6 = 24 min Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run/walk- (3:2min) x 4 = 20 min Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run/walk - (3:2min) x 5 = 25 min Post-run Stretches
Week 3 Nov 15	Myrtls DWarm-ups Recovery: 20min brisk walk Post-run Stretches	Lower Body Strength	Myrtls DWarmups Run/walk- (4:2min) x 5 = 30 min Post-run Stretches	Dead Bugs	Myrtls DWarm-ups Run/walk- (5:2min) x 3 = 21 min Post-run Stretches	Foam Roll	Myrtls DWarm-ups Run/walk- (5:2min) x 4 = 28 min Post-run Stretches
Week 4 Nov 22	Myrtls DWarm-ups Recover: 20min brisk walk Post-run Stretches	Upper Body Strength	Myrtls DWarm-ups Walk/run – (6:1min) x 3 = 21 min Post-run Stretches	Dead Bugs Foam Roll	Myrtls DWarm-ups **TURKEY TROT!!!! Walk/run 30 min; record the distance** Post-run Stretches	Recover 20 min walk Foam Roll	Myrtls

Summary:
Week 1 Myrtls + Warmup walk+ Run/walk + Post-run Stretches
Week 2 Myrtls + Dynamic Warm-ups + Foam Roll + Run/walk + Post-run Stretches
Week 3 Myrtls + Dynamic Warm-ups+ Upper Body Strength + Dead Bugs+ Foam Roll+ Run/walk + Post-run Stretches
Week 4 Myrtls + Dynamic Warm-ups+ Lower Body Strength + Dead Bugs+ Foam Roll + Run/walk + Post-run Stretches

Myrtls: Coach Jay Johnson: http://www.njsportsmed.com/files/myrtl_routine.pdf

Dynamic Warmups: Cleveland Clinic Physical Therapy Video *4 Dynamic exercises
http://health.clevelandclinic.org/2015/06/try-these-4-dynamic-exercise-warm-ups-video/
- Forward lunges - about 20 (45-60 seconds)
- Suomo side squats – 10 each side (hold briefly .5-1 second)
- Butt kicks (walking) – about 20 – 30 times (30 seconds)
  Butt kick (jogging) – about 20
- Toy Soldier straight leg – about 10 each side (20 total)
  Toy Soldier knee to chest – about 10 each side (20 total)

Post Run stretches (1-4 and 6, 7 especially; 8-10 for upper body which also tires during run) Hold each stretch for 30 seconds and repeat 2 (or 3 as needed) times on each side. If you perform 1-4,6, and 7 at a minimum, the time required is calculated as: [5 (1-4,6) stretches x 30 seconds x 2 sides] + [1 stretch (7. Low back) x 30 seconds x 2]= less than 7 minutes total!
http://www.active.com/fitness/Articles/10-Post-Workout-Stretches-Everyone-Should-Do
1. Hamstrings
2. Piriformis
3. IT Band
4. Quadriceps
(5. Adductor...you did this in dynamic warm-ups so can skip if you like)
6. Calf (Gastrocnemius and Soleus)
7. Low Back (hips to heels)
8. Deltoids
9. Triceps
10. Pectoralis and Biceps

Impact Orthopaedic Foam Roll: https://www.youtube.com/watch?v=NzAv0fnB2fg
35-40 seconds each position
Piriformis (seated on roll, 2 positions; each hip): 40 x 2 positions x 2 (R/L)= 2min 40sec
IT Band top of hip (each hip side): 40 sec x 2 (R/L) = 1min 20sec
Hamstrings (both legs at once or each separately, medial/lateral) 40x2x2(R/L)= 2min 40sec
Gastrocnemius (both legs at once or each separately, medial/lateral = 2 min 40sec
Back: 40 sec
TOTAL Time: <12 minutes

Dead Bug with stability ball pdf: http://www.drlintner.com/wp-content/uploads/2012/09/AEC-Dead-bug-with-SB.pdf

Upper Body Strength Exercises:
http://www.runnersworld.com/workouts/upper-body-strength-for-runners
Chair/bench dips
Pushups, standard or incline
Resistance band rows
Resistance band sprints front
Resistance band sprints back

Core (abs, back); also works arms and shoulders (see description); you can substitute these for the resistance band exercises if you don't have a band
A. Standard planks
B. Side planks

Lower Body Strength Exercises:
1) Body weight squats (no equipment)
Stand with your feet hip distance apart with your toes facing forward. Sit back like you are sitting in a chair behind you without allowing your knees to drift beyond your toes. Sit back until you feel your glutes, quads and hamstrings engage (about a 90 degree angle in your knees) and come back up to standing. Complete eight to 12 repetitions, adding weight when this becomes easy.
"If I had to pick just one strength training exercise for runners it would be body-weight squats," explained Atlanta-based running coach Carl Leivers. "Squats hit a lot of running-specific muscles, don't require any equipment, and can easily be added to your post-run routine. Pair that with some lunges and I guarantee 90 percent of runners will be sore the next day!"
http://www.runnersworld.com/training-video/winter-weekly-workout-week-5
2) Hamstring curls on stability ball
3) Bird dog (no equipment)
4) Resistance band adductor exercise
5) Resistance band squares walk
6) Hip extensions on heels

*Run/walk Plan based on
http://runningtrainingplan.com/schedules/BeginnersSchedule5k.pdf
---You can 1) walk entire time; faster for initial minutes, slightly easier for second time period
2) split time between walk and run per directions (you run, but <5 min consecutively)
3) run entire time (if you are already running 20-30 min consecutively)

Run or walk at increased pace (r): walk (w) minutes = (r:w)

Week 1	(1: 2) X 5 = 15 min
	(1:2) x 6 = 18 min
	(1:1) x 10 = 20 min
	(2:2) x 5 = 20 min
Week 2	REST – recovery walk, 20 min
	(2:2) x 6 = 24 min
	(3:2) x 4 = 20 min
	(3:2) x 5 = 25 min
Week 3	REST – recovery walk, 20 min
	(4:2) x 5 = 30 min
	(5:2) x 3 = 21 min
	(5:2) x 4 = 28 min
Week 4	REST- recovery walk, 20 min
	(6:1) x 3 = 21 min
	TURKEY TROT 30 min
	Recovery walk, 20 min
After:	(7:1) x 3 = 24 min
	(7:2) x 3 = 27 min
	(8:2) x 3 = 30
	(8:2) x 3 = 30
	(10:2) x 3 = 36
	(10:2) x 3 = 36
	(12:2) x 3 = 42
	(12:2) x 3 = 42