

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

Summary:

Week 1 Myrtils + Warmup walk+ Run/walk + Post-run Stretches

Week 2 Myrtils + Dynamic Warm-ups + Foam Roll + Run/walk + Post-run Stretches

Week 3 Myrtils + Dynamic Warm-ups+ Lower Body Strength + Dead Bugs+ Foam Roll+
Run/walk + Post-run Stretches

Week 4 Myrtils + Dynamic Warm-ups+ Upper Body Strength + Dead Bugs+ Foam Roll +
Run/walk + Post-run Stretches

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

NEW VIDEO DEMONSTRATION: <https://www.youtube.com/watch?v=2GLrKr54yA0>

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.drhintner.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

(Top Story: Run better by working your upper body

By Nikki Kimball Runner's World)

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

http://running.competitor.com/2014/07/injury-prevention/four-key-core-exercises-for-runners_41874/2

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

Afterward: Run the (6:1) x 3 sessions until it's time to start your 5K race calendar or continue on immediately if YOU PLAN TO RUN ON NEW YEAR'S EVE OR DAY!

Start this schedule ~4-6 weeks before your 5K is scheduled

Week 1 Recovery walk 20 min (Sunday)
 (7:1) x 3 = 24 min (Tuesday)
 (7:2) x 3 = 27 min (Thursday)
 (8:2) x 3 = 30 min (Saturday)

Week 2 Recovery walk, 20 min (Sunday)
 (8:2) x 3 = 30 min (Tuesday)
 (10:2) x 3 = 36 min (Thursday)
 Run 1 mile: walk 2 minutes x 2 (Saturday)

Week 3 Recovery walk, 20 min (Sunday)
 (12:2) x 3 = 42 min (Tuesday)
 (12:1) x 3 = 39 min (Thursday)
 Run 2 miles: walk 5 minutes (Saturday)

Week 4 Recovery walk 30 minutes (Sunday)

(15:2) x 3 = 51 minutes (Tuesday)
 Recovery walk, 30 min (Wednesday)
 (7:1) x 3 = 24 minutes (Thursday)
 Recovery walk, 20 minutes (Friday)
 Run 3 miles: walk 10 minutes (Saturday)
 YOU ARE READY to RUN a 5K!

If you are planning a NEW YEAR'S EVE/DAY RUN

December 20

Week 5 Recovery walk, 30 minutes (Sunday)
 (7:1) x 3 = 24 min (Tuesday)
 Run 1 mile, walk 10 min (Thursday)
 Run 1.5 mile, walk 10 min (Saturday)

December 27

Week 6 Recovery walk, 30 min (Sunday)
 Run 1 mile, walk 10 min (Tuesday)
 Recovery, walk 30 min (Wednesday)
 Run 5K Race! Thursday or Friday