

**EARNED RUNS™ WALKER 2021 CANADIAN THANKSGIVING 5K RACE
ABBREVIATED BEGINNER TRAINING PLAN (NOTES AT END OF LAST PAGE)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Aug 30	REST or walk Learn to Foam Roll	WALK 15 min Lower Body Strength	REST or CROSS TRAIN 30 min Dead Bugs	HIIT WALK <u>18 min</u> 3 min easy then 3 min hard (repeat3x) Stretch	REST	Dynamic Stretches WALK 1.5 miles	MYRTLs EASY WALK 30-50 min
Week 2 Sept 6	REST or walk Foam Roll	WALK 20 min Upper Body Strength	REST or CROSS TRAIN 30 min Dead Bugs	HIIT WALK <u>24 min</u> 3 min easy then 3 min hard (repeat4x) Stretch	REST	Dynamic Stretches WALK 2.0 miles	MYRTLs EASY WALK 40-55 min
Week 3 Sept 13	REST or walk Foam Roll	WALK 25 min Lower Body Strength	REST Or CROSS TRAIN 30 min Dead Bugs	HIIT WALK <u>30 min</u> 3 min easy then 3 min hard (repeat5x) Stretch	REST	Dynamic Stretches WALK 2.5 miles	MYRTLs EASY WALK 50-60 min
Week 4 Sept 20	Foam Roll REST or walk	WALK 30 min Upper Body Strength	REST or CROSS TRAIN 30 min Dead Bugs	HIIT WALK <u>36 min</u> 3 min easy then 3 min hard (repeat6x) Stretch	REST	Dynamic Stretches WALK 3.0 miles	MYRTLs EASY WALK 60 min

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week 5 Sept 27	Foam Roll REST or walk	WALK 35 min Lower Body Strength	REST or CROSS TRAIN 30 min Dead Bugs	HIIT WALK <u>36 min</u> 3 min easy then 3 min hard (repeat 6x) Stretch	REST	Dynamic Stretches WALK 3.5 miles	MYRTLs EASY WALK 45-90 min
Week 6 Oct 4	Foam Roll REST or walk	WALK 40 min Upper Body Strength	REST or CROSS TRAIN 30 min Dead Bugs	HIIT WALK <u>30 min</u> 3 min easy then 3 min hard (repeat 5x) Stretch	REST	Dynamic Stretches WALK 2.0 miles	MYRTLs EASY WALK 20 min
RACE DAY	Dynamic Stretches						
OCT 11	Foam Roll RACE 5K!!! Post-Race Stretches						

Warm-up when starting, walk the first 6 minutes at EASY pace; progress to walking at moderate intensity except for EASY days, when entire walk is at more leisurely pace.

HIIT WALK: High Intensity Interval Training walks will serve as speed training. Walk at an easy pace to warmup, then increase pace to moderate intensity for 3 min, then moderate to high intensity for 3 min. Repeat cycle (3:3 minutes). Example: 6 min warmup + 4 cycles (3:3 min) = 30 min HIIT

Dynamic stretches: activates muscles; perform as often as you like, at least 1 day/week

STRENGTH: design your own routines or see the RESOURCES page for suggestions. Perform at least 1 day/week or increase to 2-3 days if you wish to build strength.

MYRTL's are a set of movements that improve hip mobility; BEST performed before each walk. Get at least one session/week done (Sundays in schedule) regardless of timing.

DEAD BUGS are core/abdominal exercises; do them OR choose other core exercises.

Foam Rolling is a type of self-massage that helps relieve tightness in soft tissue.

See RESOURCES page for descriptions/video demonstrations of all above routines!