

Earned Runs™ WALKING PLAN “2018 TURKEY TROT” 5K – 10K Training
SEE Notes at end of last page

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST or walk	WALK 15 min	REST or	HIIT WALK 18 min	REST	Dynamic Warm-up	MYRTLs EASY
Sept 10	Learn to Foam Roll	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	3min easy: 3min hard Stretch		WALK 1.5 miles	WALK 30-50 min
Week 2	REST or walk	WALK 20 min	REST or	HIIT WALK 24 min	REST	Dynamic Warm-up	MYRTLs EASY
Sept 17	Foam Roll	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 2.0 miles	WALK 40-55 min
Week 3	REST or walk	WALK 25 min	REST Or	HIIT WALK 30 min	REST	Dynamic Warm-up	MYRTLs EASY
Sept 24	Foam Roll	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 2.5 miles	WALK 50-60 min
Week 4	Foam Roll	WALK 30 min	REST or	HIIT WALK 36 min	REST	Dynamic Warm-up	MYRTLs EASY
Oct 1	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 3.0 miles	WALK 60 min

Adapted from Hal Higdon's WALKERS Training Programs

<https://www.halhigdon.com/training-programs/5k-training/walkers-5k/>
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Week 5	Foam Roll	WALK 35 min	REST or	HIIT WALK 36 min	REST	Dynamic Warm-up	MYRTLs
Oct 8	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 3.5 miles	EASY WALK 45-90 min
Week 6	Foam Roll	WALK 40 min	REST or	HIIT WALK 42 min	REST	Dynamic Warm-up	MYRTLs
Oct 15	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 4.0 miles	EASY WALK 55-90 min
Week 7	Foam Roll	WALK 45 min	REST or	HIIT WALK 42 min	REST	Dynamic Warm-up	MYRTLs
Oct 22	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 4.5 miles	EASY WALK 65-90 min
Week 8	Foam Roll	WALK 50 min	REST or	HIIT WALK 42-48 min	REST	Dynamic Warm-up	MYRTLs
Oct 29	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 5.0 miles	EASY WALK 75-90 min

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9	Foam Roll	WALK 55 min	REST or walk	HIIT WALK 42-48 min	REST	Dynamic Warm-up	MYRTLs
Nov 5	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 5.5 miles	EASY WALK 80-90 min
Week 10	Foam Roll	WALK 60 min	REST or walk	HIIT WALK 30 min	REST	Dynamic Warm-up	MYRTLs
Nov 12	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	Stretch		WALK 6.0 miles	EASY WALK 90 min
				NOV 22			
Race Week (11)	Foam Roll	WALK 30 min	REST	MYRTLs			
Nov 19	REST or walk	Stretch		Dynamic Warm-up			
				TURKEY TROT!!!			
				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 warmup, then increase pace to moderate for 3 min, then moderate to high intensity for 3 min. Repeat cycle (3:3 minutes). Example: 6 min warmup+ 4 (3:3min) cycles = 30 min HIIT

Dynamic warm-up: 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 1day/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 (Saturdays 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!

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