

EARNED RUNS™ WALKER “2021 TURKEY TROT” 5K – 10K BEGINNER TRAINING PLAN
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	REST or walk	WALK 15 min	REST or	HIIT WALK <u>18 min</u>	REST	Dynamic Stretches	MYRTLs
Sept 13	Learn to Foam Roll	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy then 3 min hard (repeat3x) Stretch		WALK 1.5 miles	EASY WALK 30-50 min
Week 2	REST or walk	WALK 20 min	REST or	HIIT WALK <u>24 min</u>	REST	Dynamic Stretches	MYRTLs
Sept 20	Foam Roll	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy then 3 min hard (repeat4x) Stretch		WALK 2.0 miles	EASY WALK 40-55 min
Week 3	REST or walk	WALK 25 min	REST Or	HIIT WALK <u>30 min</u>	REST	Dynamic Stretches	MYRTLs
Sept 27	Foam Roll	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy then 3 min hard (repeat5x) Stretch		WALK 2.5 miles	EASY WALK 50-60 min
Week 4	Foam Roll	WALK 30 min	REST or	HIIT WALK <u>36 min</u>	REST	Dynamic Stretches	MYRTLs
Oct 4	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min easy then 3 min hard (repeat6x) Stretch		WALK 3.0 miles	EASY 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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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5	Foam Roll	WALK 35 min	REST or	HIIT WALK <u>36 min</u> 3 min easy	REST	Dynamic Stretches	MYRTLs
Oct 11	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	then 3 min hard (repeat6x) Stretch		WALK 3.5 miles	EASY WALK 45-90 min
Week 6	Foam Roll	WALK 40 min	REST or	HIIT WALK <u>42 min</u> 3 min easy	REST	Dynamic Stretches	MYRTLs
Oct 18	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	then 3 min hard (repeat7x) Stretch		WALK 4.0 miles	EASY WALK 55-90 min
Week 7	Foam Roll	WALK 45 min	REST or	HIIT WALK <u>42 min</u> 3 min easy	REST	Dynamic Stretches	MYRTLs
Oct 25	REST or walk	Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	then 3 min hard (repeat7x) Stretch		WALK 4.5 miles	EASY WALK 65-90 min
Week 8	Foam Roll	WALK 50 min	REST or	HIIT WALK <u>42-48 min</u> 3 min easy:	REST	Dynamic Stretches	MYRTLs
Nov 1	REST or walk	Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	3 min hard (repeat 7-8x) 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	REST or walk	HIIT WALK	REST	Dynamic Stretches	MYRTLs
Nov 8	REST or walk	55 min Lower Body Strength	CROSS TRAIN 30 min Dead Bugs	42-48 min 3 min easy: 3 min hard (repeat 7-8x) Stretch		WALK 5.5 miles	EASY WALK 80-90 min
Week 10	Foam Roll	WALK	REST or walk	HIIT WALK	REST	Dynamic Stretches	MYRTLs
Nov 15	REST or walk	60 min Upper Body Strength	CROSS TRAIN 30 min Dead Bugs	30 min 3 min easy: 3 min hard (repeat 5x) Stretch		WALK 6.0 miles	EASY WALK 90 min
				NOV 25			
Race Week (11)	Foam Roll	WALK	REST	MYRTLs Dynamic Stretches			
Nov 22	REST or walk	30 min Stretch		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 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 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 (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!

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