

2022 Turkey Trot 10K Training Plan



	WK	DATES	SUN	MON	TUES	WED	THURS	FRI	SAT
Base Training	1	SEPT 25-OCT 1	Rest	2.5 miles	Strength & Core	2 miles	Cross Training	Rest	3 miles
	2	OCT 2-OCT 8	Rest	2.5 miles	Strength & Core	2 miles	Cross Training	Rest	3.5 miles
	3	OCT 9-OCT 15	Rest	2.5 miles	Strength & Core	2 miles	Cross Training	Rest	4 miles
	4	OCT 16-OCT 22	Rest	3 miles	Strength & Core	2 miles	Cross Training	Rest	Group Training 4 miles
	5	OCT 23-OCT 29	Rest	3 miles	Strength & Core	2 miles	Cross Training	Rest	4.5 miles
	6	OCT 30-NOV 5	Rest	3 miles	Strength & Core	2 miles	Cross Training	Rest	5 miles
	7	NOV 6-NOV 12	Rest	3 miles	Strength & Core	2 miles	Cross Training	Rest	5.5 miles
	8	NOV 13-NOV 19	Rest	3 miles	Strength & Core	2 miles	Cross Training	Rest	Group Training 6 miles
	9	NOV 20-NOV 26	Rest	3 miles	Strength & Core	Rest	10K 6.2 Miles	Rest	Rest