

2022 Turkey Trot 5K Training Plan



	WK	DATES	SUN	MON	TUES	WED	THURS	FRI	SAT
Base Training	1	SEPT 25-OCT 1	Rest	25 minutes	Strength & Core	25 minutes	Cross Training	Rest	20 minutes Run 2/Walk 1
	2	OCT 2-OCT 8	Rest	25 minutes	Strength & Core	30 minutes	Cross Training	Rest	25 minutes Run 2/Walk 1
	3	OCT 9-OCT 15	Rest	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	30 minutes Run 2/Walk 1
	4	OCT 16-OCT 22	Rest	30 minutes	Strength & Core	35 minutes	Cross Training	Rest	Group Training 35 minutes
	5	OCT 23-OCT 29	Rest	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	40 minutes Run 2/Walk 1
	6	OCT 30-NOV 5	Rest	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	45 minutes Run 2/Walk 1
	7	NOV 6-NOV 12	Rest	35 minutes	Strength & Core	40 minutes	Cross Training	Rest	50 minutes Run 2/Walk 1
	8	NOV 13-NOV 19	Rest	40 minutes	Strength & Core	35 minutes	Cross Training	Rest	Group Training 50 minutes
	9	NOV 20-NOV 26	Rest	35 minutes	Strength & Core	Rest	5K 3.1 Miles	Rest	Rest