



Turkey Trot Training 2 Mile

5 Week Training: Novice

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	cross train	10 min run	cross train	10 min run	rest	15 min run	rest
2	cross train	20 min run	cross train	15 min run	rest	20 min run	rest
3	cross train	20 min run	cross train	15 min run	rest	20 min run	rest
4	cross train	25 min run	cross train	20 min run	rest	25 min run	rest
5	cross train	30 min run	cross train	2 Mile Run Race Day!			

***Cross- Cross training suggestions: elliptical machine, cycling class, BODYPUMP, Toning, Pilates, FLEX or Yoga...anything that keeps your muscles active and stretched.**

****Rest – No workout or perhaps any easy walk and stretching**

*****Run – Your runs should be done at a pace that is comfortable for you to hold conversation. Try to go for time, not distance in the beginning. It is fine if you need to walk! Walk a few minutes if needed, and then resume your run at a slower pace.**

Remember to stretch and drink plenty of water to avoid lactic acid build-up which means sore muscles.

Have Fun...and Good Luck!