



# Turkey Trot Training 5 Mile

## 5 Week Training: Novice

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1	cross train	20 min run	cross train	20 min run	rest	25 min run	rest
2	cross train	30 min run	cross train	25 min run	rest	35 min run	rest
3	cross train	30 min run	cross train	30 min run	rest	40 min run	rest
4	cross train	35 min run	cross train	30 min run	rest	45 min run	rest
5	cross train	35 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!**