



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Turkey Trot Training 5 mile 5 week training: Novice

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Cross	20 min run	Cross	20 min run	rest	25 min run	rest
2	Cross	30 min run	Cross	25 min run	rest	35 min run	rest
3	Cross	30 min run	Cross	30 min run	rest	40 min run	rest
4	Cross	35 min run	Cross	30 min run	rest	45 min run	rest
5	Cross	35 min run	Cross	5 mile run	Race Day!!!		

***Cross—Cross train suggestions: elliptical machine, cycling class, toning, Pilates

***Rest—No work out or perhaps an 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 for 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!



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Turkey Trot Training 2 mile 5 week training: Novice

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Cross	10 min run	Cross	10 min run	rest	15 min run	rest
2	Cross	20 min run	Cross	15 min run	rest	20 min run	rest
3	Cross	20 min run	Cross	15 min run	rest	20 min run	rest
4	Cross	25 min run	Cross	20 min run	rest	25 min run	rest
5	Cross	30 min run	Cross	2 mile run	Race Day!!!		

***Cross—Cross train suggestions: elliptical machine, cycling class, toning, Pilates

***Rest—No work out or perhaps an 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 for 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!!

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