



7 Week Turkey Trot Beginners Training Plan

Workout Explanations:

- **Tempo Run:** This is a run at a “comfortably hard” pace. It’s not an all-out effort but is faster than your easy run. The idea behind a tempo run is to increase your lactate threshold, which can help you maintain faster paces for longer periods of time.
- **Fartlek:** Swedish for “speed play.” This is a fun, unstructured workout where you play with speed. For instance, you can run hard between two lamp posts, then easy to the next, and repeat. It’s a mix of moderate to hard efforts with easy efforts in between.
- **Steady State:** This is a run where you maintain a steady, consistent pace that’s faster than your easy run but not as fast as tempo pace. It’s a way to build endurance without pushing as hard as during a tempo run.
- **Intervals:** These are short, high-intensity efforts followed by rest or low-intensity recovery. They help increase speed and cardiovascular fitness.

7-Week Training Plan for the Turkey Trot:

Week 1 (Starting on 10/09/23)

- **Monday:** 3 miles easy run
- **Tuesday:** 2 miles warm-up + Fartlek (play with speed for 10 minutes) + 1 mile cool-down
- **Wednesday:** Rest
- **Thursday:** 4 miles steady state
- **Friday:** Rest
- **Saturday:** 3 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training at DeLuca Family YMCA (consider a 45-minute low-impact aerobics class or swimming)

Total Mileage: ~12 miles



Week 2

- **Monday:** 3 miles easy run
- **Tuesday:** 2 miles warm-up + 4x400m intervals (run 400m at a faster pace then rest for 2 mins) + 1.5 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 4.5 miles steady state
- **Friday:** Rest
- **Saturday:** 4 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training at DeLuca Family YMCA (try a strength training session focusing on the major muscle groups)

Total Mileage: ~15 miles

Week 3

- **Monday:** 4 miles easy run
- **Tuesday:** 2.5 miles warm-up + Tempo run for 15 minutes + 1.5 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 5 miles steady state
- **Friday:** Rest
- **Saturday:** 4.5 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training at DeLuca Family YMCA (participate in a cycling or spin class)

Total Mileage: ~17 miles

Week 4

- **Monday:** 4.5 miles easy run
- **Tuesday:** 2.5 miles warm-up + Fartlek for 15 minutes + 2 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 5.5 miles steady state
- **Friday:** Rest
- **Saturday:** 5 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training at DeLuca Family YMCA (join a yoga or Pilates class for flexibility and core strength)

Total Mileage: ~20 miles



Week 5

- **Monday:** 5 miles easy run
- **Tuesday:** 3 miles warm-up + 5x400m intervals + 2 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 6 miles steady state
- **Friday:** Rest
- **Saturday:** 5.5 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training at DeLuca Family YMCA (enjoy a session in the pool, swimming laps or participating in a water aerobics class)

Total Mileage: ~22 miles

Week 6

- **Monday:** 5.5 miles easy run
- **Tuesday:** 3 miles warm-up + Tempo run for 20 minutes + 2 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 6.5 miles steady state
- **Friday:** Rest
- **Saturday:** 6 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training at DeLuca Family YMCA (revisit the strength training session or try a new class)

Total Mileage: ~24 miles

Week 7

- **Monday:** 5.5 miles easy run
- **Tuesday:** 3.5 miles warm-up + Fartlek for 20 minutes + 2.5 miles cool-down
- **Wednesday:** Rest
- **Thursday:** 7 miles steady state
- **Friday:** Rest
- **Saturday:** 6.5 miles easy run + 4x20 seconds striders
- **Sunday:** Cross-training at DeLuca Family YMCA (consider a Zumba or dance class for a fun cardio workout)

Total Mileage: ~25 miles



Week 8 (Race Week)

- **Monday:** 4 miles easy run
- **Tuesday:** 3 miles warm-up + 3x400m intervals at relaxed pace + 2 miles cool-down
- **Wednesday:** Rest & hydrate well
- **Thursday:** Turkey Trot Race Day! (Warm up with 1-1.5 miles easy running, run the 5k race, then 1-1.5 miles cool-down)
- **Friday:** Rest and celebrate your achievement!
- **Saturday:** 3-4 miles easy recovery run
- **Sunday:** Cross-training at DeLuca Family YMCA (choose a relaxing activity, perhaps a gentle yoga or stretching class)

Total Mileage: ~15 miles (excluding the 5k race)

Remember, everyone progresses at different rates. It's important to listen to your body and adjust as needed. Make sure to stay hydrated, get proper nutrition, and ensure adequate rest for recovery. Best of luck with your training and enjoy the Ocala Reindeer Run!