



8-week Turkey Trot Training Program

Run / Walk Program 3 days per week

Week 1	Run 30 sec., walk 1 min. for 25 minutes
Week 2	Run 1 min., walk 1 min for 25 minute
Week 3	Run 2 min., walk 1 min. for 25 minutes
Week 4	Run 3 min., walk 1 min. for 30 minutes
Week 5	Run 5 min., walk 30 sec. for 30 minutes
Week 6	Run 7 min., walk 30 sec. for 30 minutes
Week 7	Run 8 min., walk 1 minute 4 times
Week 8	Complete the Turkey Trot!

We recommend static stretching/breathing after the first 7 minutes of total exercise and after the 25 minutes or activity are complete.

Walkers

You can start out walking fast for the same time the runners are running then walk slow during the rest period.

Cross Training - 2 days per week

Cross training is a very important part of your running program. It involves doing another activity (not running) that will help improve your running performance, while minimizing impact on your body. Examples of good cross training exercises are swimming, biking, calisthenics, and weight training (upper and lower body including core). You can cross train 1-2 days per week during this program.

Active Rest - two days per week

Rest days are built into your training schedule. **You must rest a minimum of one full day per week to allow your body to get stronger and prevent injury!** You may use 1-2 of your other rest days to cross train if you choose. This program is designed to prepare you to complete a 5K with 3 days per week of race-specific training.



Youth Running Resources

<http://www.marathonkids.com/site/> - Marathon Kids® is a FREE nationally recognized, copyrighted, trademarked, incremental school-based fitness program.

<http://www.kidsrunning.com/>

curriculum ideas

<http://www.kidsrunning.com/ask/kraskcarolspage.html>

<http://www.usatfadir.org/YouthRunning.pdf>

<http://www.justrun.org/Page349.aspx> - Fitness and Running Tips for Kids

<http://www.justrun.org/Page350.aspx> - Training and Running Tips for Leaders