



LIFETIME®

# TURKEY TROT

5K MIAMI  10K

PRESENTED BY  Baptist Health

## 5K TRAINING CALENDAR

# OCTOBER 2024

| Sunday |                      | Monday |  | Tuesday |  | Wednesday |                                  | Thursday |  | Friday |                      | Saturday |                                     |
|--------|----------------------|--------|--|---------|--|-----------|----------------------------------|----------|--|--------|----------------------|----------|-------------------------------------|
|        |                      |        |  |         |  |           |                                  | 3        | Tempo  | 4      | Recovery             | 5        | Long Run                            |
|        |                      |        |  |         |  |           |                                  |          | 10 minutes easy pace<br>25 minutes tempo pace<br>10 minutes easy pace<br>6 x 100 meter Striders      |        | 30 minutes easy pace |          | 1 mile<br>6 x 100 meter Striders    |
| 6      | Recovery             | 7      | Easy   | 8       | Easy   | 9         | Recovery                         | 10       | Tempo  | 11     | Recovery             | 12       | Long Run                            |
|        | 35 minutes easy pace |        | 30 minutes easy pace<br>6 x 100 meter Striders |         | 30 minutes easy pace +<br>6 x 100 meter Striders   |           | Recovery<br>30 minutes easy pace |          | 10 minutes easy pace<br>25 minutes tempo pace<br>10 minutes easy pace<br>6 x 100 meter Striders      |        | 30 minutes easy pace |          | 1 mile<br>6 x 100 meter Striders    |
| 13     | Recovery             | 14     | Easy   | 15      | Intervals  | 16        | Recovery                         | 17       | Fartlek  | 18     | Recovery             | 19       | Long Run                            |
|        | 30 minutes easy pace |        | 35 minutes easy pace<br>8 x 100 meter Striders |         | 10 minutes easy run<br>6 x 400 meter (.25 mile or lap<br>around the track)<br>3 minutes jog/rest between<br>each repetition<br>15 minutes easy run |           | 25 minutes easy pace             |          | 10 minutes easy +<br>8 x (2 minutes fast, 1 minute<br>easy)<br>10 min easy<br>8 x 100 meter Striders |        | 30 minutes easy pace |          | 1.5 miles<br>6 x 100 meter Striders |
| 20     | Recovery             | 21     | Easy   | 22      | Intervals  | 23        | Recovery                         | 24       | Fartlek  | 25     | Recovery             | 26       | Long Run                            |
|        | 30 minutes easy pace |        | 35 minutes easy pace<br>8 x 100 meter Striders |         | 10 minutes easy run<br>6 x 400 meter (.25 mile or lap<br>around the track)<br>3 minutes jog/rest between<br>each repetition<br>15 minutes easy run |           | 30 minutes easy pace             |          | 10 minutes easy +<br>8 x (2 minutes fast, 1 minute<br>easy)<br>10 min easy<br>8 x 100 meter Striders |        | 30 minutes easy pace |          | 1.5 miles<br>6 x 100 meter Striders |
| 27     | Recovery or rest     | 28     | Easy   | 29      | Intervals  | 30        | Recovery                         | 31       | Fartlek  |        |                      |          |                                     |
|        | 30 minutes easy pace |        | 40 minutes easy pace<br>8 x 100M Striders      |         | 10 minutes easy run<br>6 x 400 meter (.25 mile or lap<br>around the track)<br>3 minutes jog/rest between<br>each repetition<br>15 minutes easy run |           | 30 minutes easy pace             |          | 10 minutes easy +<br>8 x (2 minutes fast, 1 minute<br>easy)<br>10 min easy<br>8 x 100 meter Striders |        |                      |          |                                     |

# NOVEMBER 2024

| Sunday               |                  | Monday   |      | Tuesday  |           | Wednesday                        |          | Thursday   |                | Friday               |          | Saturday                            |          |
|----------------------|------------------|--|------|--|-----------|----------------------------------|----------|--|----------------|----------------------|----------|-------------------------------------|----------|
|                      |                  |  |      |  |           |                                  |          |  |                | 1                    | Recovery | 2                                   | Long Run |
|                      |                  |  |      |  |           |                                  |          |  |                | 30 minutes easy pace |          | 2 miles<br>6 x 100 meter Striders   |          |
| 3                    | Recovery or rest | 4  | Easy | 5  | Intervals | 6                                | Recovery | 7  | Long Intervals | 8                    | Recovery | 9                                   | Long Run |
| 30 minutes easy pace |                  | 40 minutes easy pace<br>8 x 100M Striders      |      | 10 minutes easy run<br>2 x 200 meter (3 minute jog between each)<br>4 x 400 meter (3 minute jog between each)<br>4 x 800 meter (5 minute jog between each)<br>10 minute easy run |           | 35 minutes easy pace             |          | 15 minutes easy run<br>3 x 1 mile<br>Rest in between each repetition should be at least half the time it took you to complete<br>15 minutes easy run |                | 30 minutes easy pace |          | 2.5 miles<br>6 x 100 meter Striders |          |
| 10                   | Recovery         | 11   | Easy | 12   | Easy      | 13                               | Recovery | 14   | Tempo          | 15                   | Recovery | 16                                  | Long Run |
| 35 minutes easy pace |                  | 30 minutes easy pace<br>6 x 100 meter Striders |      | 30 minutes easy pace +<br>6 x 100 meter Striders   |           | Recovery<br>30 minutes easy pace |          | 10 minutes easy pace<br>25 minutes tempo pace<br>10 minutes easy pace<br>6 x 100 meter Striders  |                | 30 minutes easy pace |          | 3 miles<br>6 x 100 meter Striders   |          |
| 17                   | Recovery         | 18   | Easy | 19   | Intervals | 20                               | Recovery | 21   | Fartlek        | 22                   | Recovery | 23                                  | Long Run |
| 30 minutes easy pace |                  | 35 minutes easy pace<br>8 x 100 meter Striders |      | 10 minutes easy run<br>6 x 400 meter (.25 mile or lap around the track)<br>3 minutes jog/rest between each repetition<br>15 minutes easy run                                     |           | 30 minutes easy pace             |          | 10 minutes easy +<br>8 x (2 minutes fast, 1 minute easy)<br>10 min easy<br>8 x 100 meter Striders  |                | 30 minutes easy pace |          | 3.5 miles<br>6 x 100 meter Striders |          |
| 24                   | Recovery or rest | 25   | Easy | 26   | Intervals | 27                               | Rest Up  | 28   | Race Day!      |                      |          |                                     |          |
| 30 minutes easy pace |                  | 40 minutes easy pace<br>8 x 100M Striders      |      | 10 minutes easy run<br>2 x 200 meter (3 minute jog between each)<br>4 x 400 meter (3 minute jog between each)<br>4 x 800 meter (5 minute jog between each)<br>10 minute easy run |           | Rest Up, it's race day tomorrow! |          | <p><b>LIFE TIME</b></p> <p><b>TURKEY TROT</b></p> <p>5K <b>MIAMI</b> 10K</p> <p><small>powered by Baptist Health</small></p>                         |                |                      |          |                                     |          |