



LIFETIME<sup>®</sup>

# TURKEY TROT

5K **MIAMI**  10K

PRESENTED BY  Baptist Health

## 10K TRAINING CALENDAR

# SEPTEMBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1		2		3		4		5	Easy	6	Easy	7	Long Run
								30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 6 x 100 meter Striders		1 mile 6 x 100 meter Striders	
8	Recovery	9	Easy	10	Easy	11	Recovery	12	Tempo	13	Recovery	14	Long Run
35 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 6 x 100 meter Striders		Recovery 30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		1.5 miles 6 x 100 meter Striders	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Fartlek	20	Recovery	21	Long Run
30 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		25 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30 minutes easy pace		2 miles 6 x 100 meter Striders	
22	Recovery	23	Easy	24	Intervals	25	Recovery	26	Fartlek	27	Recovery	28	Long Run
30 minutes easy pace		35 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		30 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30 minutes easy pace		2.5 miles 6 x 100 meter Striders	
29	Recovery or rest	30	Easy										
30 minutes easy pace		40 minutes easy pace 8 x 100M Striders											

# OCTOBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
				1	Intervals	2	Recovery	3	Tempo	4	Recovery	5	Long Run
				10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		3 miles 6 x 100 meter Striders	
6	Recovery or rest	7	Easy	8	Intervals	9	Recovery	10	Long Intervals	11	Recovery	12	Long Run
30 minutes easy pace		40 minutes easy pace 8 x 100M Striders		10 minutes easy run 2 x 200 meter (3 minute jog between each) 4 x 400 meter (3 minute jog between each) 4 x 800 meter (5 minute jog between each) 10 minute easy run		35 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		30 minutes easy pace		3 miles 6 x 100 meter Striders	
13	Recovery	14	Easy	15	Easy	16	Recovery	17	Tempo	18	Recovery	19	Long Run
35 minutes easy pace		30 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace + 6 x 100 meter Striders		Recovery 30 minutes easy pace		10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		3.5 miles 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 8 x 100 meter Striders		10 minutes easy run 6 x 400 meter (.25 mile or lap around the track) 3 minutes jog/rest between each repetition 15 minutes easy run		30 minutes easy pace		10 minutes easy + 8 x (2 minutes fast, 1 minute easy) 10 min easy 8 x 100 meter Striders		30 minutes easy pace		4 miles 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 8 x 100M Striders		10 minutes easy run 2 x 200 meter (3 minute jog between each) 4 x 400 meter (3 minute jog between each) 4 x 800 meter (5 minute jog between each) 10 minute easy		40 minutes easy pace		Fartlek 10 minutes easy + 10 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders					

# NOVEMBER 2024

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1	Recovery	2	Long Run
										30 minutes easy pace		4.5 miles 6 x 100 meter Striders	
3	Recovery	4	Easy	5	Intervals	6	Recovery	7	Long Intervals	8	Recovery	9	Long Run
25 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 8 x 400 meter 3 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		15 minutes easy run 3 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		35-40 minutes easy pace		5 miles 6 x 100 meter Striders	
10	Recovery	11	Easy	12	Intervals	13	Recovery	14	Long Intervals	15	Recovery	16	Long Run
30 minutes easy pace		35 minutes easy pace + 8 x 100 meter Striders		15 minutes easy run 10 x 400 meter 3 minutes jog/rest between each repetition 15 minutes easy run		25 minutes easy pace		15 minutes easy run 4 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 15 minutes easy run		20-25 minutes easy pace		5.5 miles 6 x 100 meter Striders	
17	Recovery	18	Easy	19	Intervals	20	Recovery	21	Tempo	22	Recovery or rest	23	Long Run
25-30 minutes easy pace		40 minutes easy pace 8 x 100 meter Striders		10 minutes easy run 6 x 1KM 4 minutes jog/rest between each repetition 10 minutes easy run		30 minutes easy pace		5 minutes easy + 25 minutes tempo pace + 5 minutes easy 8 x 100 meter Striders		25 minutes easy pace		6 miles 6 x 100 meter Striders	
24	Recovery	25	Easy	26	Intervals	27	Rest	28	Race Day!				
30 minutes easy pace		Recovery 45 minutes easy pace + 10 x 100 meter Striders		10 minutes easy pace 1200 meter x 1 1000 meter x 1 800 meter x 1 400 meter x 2 200 meter x 2 Rest between each interval 10 minutes easy pace		Rest up, it's race day tomorrow!							