



LIFE TIME[®]

TURKEY TROT

5K **MIAM**  10K

PRESENTED BY  Baptist Health

5K TRAINING CALENDAR

OCTOBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								2	Tempo	3	Recovery	4	Long Run
								10 minutes easy pace 25 minutes tempo pace 10 minutes easy pace 6 x 100 meter Striders		30 minutes easy pace		1 mile 6 x 100 meter Striders	
5	Recovery	6	Easy	7	Easy	8	Recovery	9	Tempo	10	Recovery	11	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 mile 6 x 100 meter Striders	
12	Recovery	13	Easy	14	Intervals	15	Recovery	16	Fartlek	17	Recovery	18	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		1.5 miles 6 x 100 meter Striders	
19	Recovery	20	Easy	21	Intervals	22	Recovery	23	Fartlek	24	Recovery	25	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		1.5 miles 6 x 100 meter Striders	
26	Recovery or rest	27	Easy	28	Intervals	29	Recovery	30	Fartlek	31	Recovery		
30 minutes easy pace		40 minutes easy pace 8 x 100M 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			

NOVEMBER 2025

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
												1	Long Run
												2 miles 6 x 100 meter Striders	
2	Recovery or rest	3	Easy	4	Intervals	5	Recovery	6	Long Intervals	7	Recovery	8	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		2.5 miles 6 x 100 meter Striders	
9	Recovery	10	Easy	11	Easy	12	Recovery	13	Tempo	14	Recovery	15	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 miles 6 x 100 meter Striders	
16	Recovery	17	Easy	18	Intervals	19	Recovery	20	Fartlek	21	Recovery	22	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		3.5 miles 6 x 100 meter Striders	
23	Recovery or rest	24	Easy	25	Intervals	26	Rest Up	27	Race Day!				
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		Rest Up, it's race day tomorrow!		LIFE TIME TURKEY TROT 5K MIAMI 10K presented by Baptist Health					