



LIFE TIME[®]

TURKEY TROT

5K **MIAM**  10K

PRESENTED BY  Baptist Health

10K TRAINING CALENDAR

SEPTEMBER 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								3	Easy	4	Easy	5	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	
6	Recovery	7	Easy	8	Easy	9	Recovery	10	Tempo	11	Recovery	12	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	
13	Recovery	14	Easy	15	Intervals	16	Recovery	17	Fartlek	18	Recovery	19	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	
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		2.5 miles 6 x 100 meter Striders	
27	Recovery or rest	28	Easy	29	Intervals	30	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							

OCTOBER 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								1	Tempo	2	Recovery	3	Long Run
								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	
4	Recovery or rest	5	Easy	6	Intervals	7	Recovery	8	Long Intervals	9	Recovery	10	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	
11	Recovery	12	Easy	13	Easy	14	Recovery	15	Tempo	16	Recovery	17	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	
18	Recovery	19	Easy	20	Intervals	21	Recovery	22	Fartlek	23	Recovery	24	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	
25	Recovery or rest	26	Easy	27	Intervals	28	Recovery	29	Fartlek	30	Recovery	31	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		40 minutes easy pace		Fartlek 10 minutes easy + 10 x (2 minutes fast, 1 minute easy) 8 x 100 meter Striders		30 minutes easy pace		4.5 miles 6 x 100 meter Striders	

NOVEMBER 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Recovery	2	Easy	3	Intervals	4	Recovery	5	Long Intervals	6	Recovery	7	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	
8	Recovery	9	Easy	10	Intervals	11	Recovery	12	Long Intervals	13	Recovery	14	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	
15	Recovery	16	Easy	17	Intervals	18	Recovery	19	Tempo	20	Recovery or rest	21	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	
22	Recovery	23	Easy	24	Intervals	25	Rest	26	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!		LIFETIME TURKEY TROT 5K MIAMI 10K presented by Baptist Health					