

LIFE TIME[®]
TURKEY TROT
5K **MIAMI** 10K

PRESENTED BY  Baptist Health

**5K TRAINING
CALENDAR**

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		1 mile 6 x 100 meter Striders	
4	Recovery	5	Easy	6	Easy	7	Recovery	8	Tempo	9	Recovery	10	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	
11	Recovery	12	Easy	13	Intervals	14	Recovery	15	Fartlek	16	Recovery	17	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	
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		1.5 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 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 miles 6 x 100 meter Striders	

NOVEMBER 2026

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
1	Recovery or rest	2	Easy	3	Intervals	4	Recovery	5	Long Intervals	6	Recovery	7	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	
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		3 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		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	
22	Recovery or rest	23	Easy	24	Intervals	25	Rest Up	26	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!							