



# TURKEY TROT

S T . P A U L

November 25, 2021

# 10K 6 Week Training Plan

Date Started: \_\_\_\_\_ Goal: \_\_\_\_\_

| Wk       | Mon                    | Tues                    | Wed               | Thur                    | Fri  | Sat          | Sun  |
|----------|------------------------|-------------------------|-------------------|-------------------------|--|--------------|------|
| <b>1</b> | Strength<br>Lower Body | Run /<br>Walk<br>20 min | Rest &<br>Stretch | Run /<br>Walk<br>20 min | Strength<br>Lower Body   | 2<br>miles   | Rest |
| <b>2</b> | Strength<br>Lower Body | Run /<br>Walk<br>25 min | Rest &<br>Stretch | Run /<br>Walk<br>25 min | Strength<br>Lower Body   | 2.5<br>miles | Rest |
| <b>3</b> | Strength<br>Lower Body | Run /<br>Walk<br>30 min | Rest &<br>Stretch | Run /<br>Walk<br>30 min | Strength<br>Lower Body   | 3<br>miles   | Rest |
| <b>4</b> | Strength<br>Lower Body | Run /<br>Walk<br>35 min | Rest &<br>Stretch | Run /<br>Walk<br>35 min | Strength<br>Lower Body   | 4<br>miles   | Rest |
| <b>5</b> | Strength<br>Lower Body | Run /<br>Walk<br>40 min | Rest &<br>Stretch | Run /<br>Walk<br>40 min | Strength<br>Lower Body   | 5<br>miles   | Rest |
| <b>6</b> | Strength<br>Lower Body | Run /<br>Walk<br>30 min | Rest &<br>Stretch | Race<br>Day             | Up next: Reindeer Run Mpls<br>Dec 11, 2021<br><a href="http://www.reindeerrun.com">www.reindeerrun.com</a> |              |      |

Race Info: [www.turkeytrotsaintpaul.com](http://www.turkeytrotsaintpaul.com)