



# TURKEY TROT

S T . P A U L

# 10K 6 Week Training Plan

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

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

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