



ADVANCED

12-WEEK TURKEY TROT 5K TRAINING PROGRAM

Presented by Straight Shot Training



STRAIGHT
SHOT
TRAINING



12 WEEKS

3 RUNS / WEEK

CHASE A PR

CHASE YOUR 5K PR

You already know you can run a 5K. Now the goal is to run one faster.

This 12-week program is designed for runners who can currently run a 5K continuously, have been running consistently, and want to improve their performance at the Sheppard Pratt Turkey Trot in Frederick.

You'll combine easy running, longer aerobic runs, tempo runs, 5K-pace intervals, and strides to build the endurance and speed needed to chase a personal best.

HOW TO USE THIS PROGRAM

Complete **3 running workouts each week**, ideally with at least one day between running sessions.

For example:

MONDAY	Run 1
WEDNESDAY	Run 2
SATURDAY	Run 3

Your exact days can change to fit your schedule.

One workout each week will typically focus on faster running while the other runs develop or maintain your aerobic fitness. Resist the temptation to turn easy days into hard days. Recovery between harder efforts is part of the program.

EFFORT GUIDE

Easy: Comfortable, conversational running. You should be able to speak in full sentences.

Tempo: Comfortably hard running that you can sustain without racing. Your breathing should be noticeably heavier than during an easy run, but the effort should remain controlled.

5K Pace: Your current 5K race pace. Use the pace from a recent 5K or a realistic estimate of what you could run for a 5K right now. Do not use your goal PR pace.

Strides: Short, controlled increases in speed with smooth, relaxed running form. Run fast but stay in control. These are not all-out sprints.

EVERY WORKOUT INCLUDES

Warm-Up: 5–10 minutes of easy jogging before beginning the workout. Before tempo runs, 5K-pace intervals, or strides, add dynamic movement to prepare your body for faster running.

Cool-Down: 5–10 minutes of easy jogging or walking after completing the workout.

BUILD SPEED + ENDURANCE

WEEK 1

RUN 1 3 miles easy + 4 × 20 sec strides with 60 sec easy between

RUN 2 6 × 400m at 5K pace with 90 sec easy jog between

RUN 3 4 miles easy

WEEK 2

RUN 1 3 miles easy

RUN 2 10 min easy + 15 min tempo + 5 min easy

RUN 3 4.5 miles easy

WEEK 3

RUN 1 3 miles easy + 4 × 20 sec strides with 60 sec easy between

RUN 2 5 × 600m at 5K pace with 2 min easy jog between

RUN 3 5 miles easy

WEEK 4

RUN 1 3.5 miles easy

RUN 2 10 min easy + 20 min tempo + 5 min easy

RUN 3 5 miles easy

BUILD RACE-SPECIFIC FITNESS

WEEK 5

RUN 1 3 miles easy + 4 × 20 sec strides with 60 sec easy between

RUN 2 5 × 800m at 5K pace with 2 min easy jog between

RUN 3 5.5 miles easy

WEEK 6

RUN 1 3.5 miles easy

RUN 2 10 min easy + 25 min tempo + 5 min easy

RUN 3 5.5 miles easy

WEEK 7

RUN 1 3 miles easy + 4 × 20 sec strides with 60 sec easy between

RUN 2 4 × 1000m at 5K pace with 2 min easy jog between

RUN 3 6 miles easy

WEEK 8

RUN 1 4 miles easy

RUN 2 10 min easy + 2 × 12 min tempo with 3 min easy jog between + 5 min easy

RUN 3 5.5 miles easy

SHARPEN + TAPER

WEEK 9

RUN 1 3.5 miles easy + 4 × 20 sec strides with 60 sec easy between

RUN 2 3 × 1200m at 5K pace with 3 min easy jog between

RUN 3 6 miles easy

WEEK 10

RUN 1 3 miles easy

RUN 2 6 × 400m at 5K pace with 90 sec easy jog between

RUN 3 5 miles easy

WEEK 11

It's time to reduce your total running volume while maintaining some race-specific work so you can recover without losing the speed you've developed.

RUN 1 3 miles easy + 4 × 20 sec strides with 60 sec easy between

RUN 2 4 × 400m at 5K pace with 90 sec easy jog between

RUN 3 3.5 miles easy

WEEK 12 - RACE WEEK

RUN 1 2 miles easy + 4 × 20 sec strides with 60 sec easy between

RUN 2 Rest OR 10–15 min very easy shakeout

RUN 3 **TURKEY TROT 5K!**

RACE-DAY WARM-UP

Start with 10 minutes of easy jogging.

Follow with dynamic movement and 4 × 20 second strides with easy recovery between each.

Give yourself a few minutes to recover before the start.

Then it's time to race your 5K.

RACE-DAY STRATEGY

Don't try to win your PR in the first mile.

Start at a controlled pace and avoid getting pulled into a pace you can't sustain just because everyone around you starts fast.

Settle into your race effort through the middle of the 5K.

As you approach the final mile, begin increasing your effort if you still have more to give.

When you reach the final stretch, empty the tank.

After you finish, walk or jog easily for 5–10 minutes to gradually cool down.

YOU'RE READY TO RACE

You've spent the past 12 weeks developing the aerobic fitness, speed, and ability to sustain faster running that a strong 5K requires.

You've practiced your current 5K pace instead of trying to prove your goal pace during training.

Now race day is your opportunity to put it together.

Run the first mile with control, compete through the middle of the race, and give everything you have left to the finish.

Go chase that PR.

WANT TO GET STRONGER FOR YOUR NEXT RACE?

Running builds endurance. Strength training can help you build a stronger, more resilient body to support it.

At **Straight Shot Training in Frederick, Maryland**, we help everyday adults get stronger with individualized strength training in a supportive coaching environment.

Our **Semi-Private Personal Training** combines individualized workouts with hands-on coaching so you know what to do, how to do it, and how to continue progressing.

Want to see how strength training can complement your running?

Schedule your **FREE Strong Start Session** at Straight Shot Training.



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Sheppard Pratt