



BEGINNER

12-WEEK TURKEY TROT 5K TRAINING PROGRAM

Presented by Straight Shot Training



STRAIGHT
SHOT
TRAINING



12 WEEKS

3 RUNS / WEEK

BEGINNER-FRIENDLY

YOUR FIRST 5K STARTS HERE

Whether this is your first 5K or you're getting back into running after some time away, this 12-week program is designed to gradually build your endurance and confidence for race day.

You do not need to be able to run 3.1 miles before you start.

The Beginner Program uses a combination of walking and running so your body can adapt gradually while you build toward completing the Sheppard Pratt Turkey Trot in Frederick.

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.

EFFORT GUIDE

Easy: Comfortable effort. You should be able to carry on a conversation.

Moderate: You're working a little harder, but still in control.

For all run/walk workouts, keep the running portions comfortable. The goal is to gradually build endurance, not to run the intervals as fast as possible.

EVERY WORKOUT INCLUDES

Warm-Up: 5-minute brisk walk before beginning the workout.

Cool-Down: 5-minute easy walk after completing the workout.

BUILD THE HABIT

WEEK 1

RUN 1 1 min run / 2 min walk × 8

RUN 2 1 min run / 2 min walk × 8

RUN 3 1 min run / 2 min walk × 10

WEEK 2

RUN 1 90 sec run / 2 min walk × 7

RUN 2 90 sec run / 2 min walk × 8

RUN 3 2 min run / 2 min walk × 7

WEEK 3

RUN 1 2 min run / 90 sec walk × 7

RUN 2 3 min run / 2 min walk × 6

RUN 3 3 min run / 90 sec walk × 7

WEEK 4

RUN 1 4 min run / 2 min walk × 5

RUN 2 5 min run / 2 min walk × 4

RUN 3 5 min run / 90 sec walk × 5

BUILD YOUR ENDURANCE

WEEK 5

RUN 1 6 min run / 2 min walk × 4

RUN 2 8 min run / 2 min walk × 3

RUN 3 10 min run / 2 min walk × 3

WEEK 6

RUN 1 10 min run / 90 sec walk × 3

RUN 2 12 min run / 2 min walk × 2, then 5 min run

RUN 3 15 min run / 2 min walk / 10 min run

WEEK 7

RUN 1 15 min run / 90 sec walk / 10 min run

RUN 2 18 min continuous easy run

RUN 3 20 min continuous easy run

WEEK 8

RUN 1 20 min continuous easy run

RUN 2 22 min continuous easy run

RUN 3 25 min continuous easy run

GET READY TO RACE

WEEK 9

RUN 1 22 min continuous easy run

RUN 2 25 min continuous easy run

RUN 3 28 min continuous easy run

WEEK 10

RUN 1 25 min continuous easy run

RUN 2 20 min easy + 4 × 30 sec slightly faster with 60 sec easy between

RUN 3 30 min continuous easy run

WEEK 11

It's time to reduce your training volume so your legs are fresh for race week.

RUN 1 20 min easy run

RUN 2 15 min easy run + 4 × 20 sec relaxed pickups

RUN 3 20–25 min easy run

WEEK 12 - RACE WEEK

RUN 1 8–10 min easy jog

RUN 2 Rest OR 5–10 min very easy shakeout

RUN 3 **TURKEY TROT 5K!**

RACE-DAY WARM-UP

5–10 minute easy walk/jog followed by dynamic movement to get your body ready.

Then it's time to run your **5K!**

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

YOU'RE READY!

Over the past 12 weeks, you've progressed from short run/walk intervals to preparing your body to cover the full 5K distance.

Race day isn't about doing anything new.

Trust your training, start under control, and enjoy the experience.

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