



INTERMEDIATE

# 12-WEEK TURKEY TROT 5K TRAINING PROGRAM

Presented by Straight Shot Training



**STRAIGHT  
SHOT**  
TRAINING



12 WEEKS

3 RUNS / WEEK

BUILD TO 5K

## BUILD FROM ONE MILE TO 5K

If you can already run about a mile without stopping, this program is designed to help you take the next step.

Over the next 12 weeks, you'll gradually increase how long and how far you can run while introducing controlled faster efforts to improve your fitness and prepare you for the Sheppard Pratt Turkey Trot in Frederick.

**The goal isn't just to cover 3.1 miles. It's to build the endurance and confidence to run the entire distance and finish strong.**

## HOW TO USE THIS PROGRAM

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

For example:

|                  |       |
|------------------|-------|
| <b>MONDAY</b>    | Run 1 |
| <b>WEDNESDAY</b> | Run 2 |
| <b>SATURDAY</b>  | 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 harder than your easy pace, but you're still in control.

**Tempo:** A comfortably hard effort. Your breathing will be noticeably heavier, but the pace should feel sustainable rather than all-out.

**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-minute brisk walk or easy jog before beginning the workout.

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

# BUILD YOUR RUNNING BASE

## WEEK 1

**RUN 1** 1 mile easy

**RUN 2** 8 min easy / 2 min walk × 2

**RUN 3** 1.25 miles easy

## WEEK 2

**RUN 1** 1.25 miles easy

**RUN 2** 10 min easy / 90 sec walk × 2

**RUN 3** 1.5 miles easy

## WEEK 3

**RUN 1** 1.5 miles easy

**RUN 2** 12 min easy / 90 sec walk / 8 min easy

**RUN 3** 1.75 miles easy

## WEEK 4

**RUN 1** 1.5 miles easy

**RUN 2** 20 min continuous easy run

**RUN 3** 2 miles easy

# BUILD YOUR 5K FITNESS

## WEEK 5

**RUN 1** 1.75 miles easy

**RUN 2** 20 min easy + 4 × 20 sec strides with 60 sec easy between

**RUN 3** 2.25 miles easy

## WEEK 6

**RUN 1** 2 miles easy

**RUN 2** 5 × 2 min moderate with 2 min easy between

**RUN 3** 2.5 miles easy

## WEEK 7

**RUN 1** 2 miles easy

**RUN 2** 10 min easy + 8 min moderate + 5 min easy

**RUN 3** 2.75 miles easy

## WEEK 8

**RUN 1** 2.25 miles easy

**RUN 2** 6 × 2 min moderate with 90 sec easy between

**RUN 3** 3 miles easy

# GET READY TO RACE

## WEEK 9

**RUN 1** 2.5 miles easy

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

**RUN 3** 3.25 miles easy

## WEEK 10

**RUN 1** 2.5 miles easy + 4 × 20 sec strides with 60 sec easy between

**RUN 2** 5 × 3 min moderate with 2 min easy between

**RUN 3** 3.5 miles easy

## WEEK 11

It's time to reduce your training volume while keeping some faster running in the program so your legs are fresh for race week.

**RUN 1** 2 miles easy

**RUN 2** 15 min easy + 4 × 20 sec strides with 60 sec easy between

**RUN 3** 2.5 miles easy

## WEEK 12 - RACE WEEK

**RUN 1** 1.5–2 miles easy + 4 × 15 sec strides with 60 sec easy between

**RUN 2** Rest OR 10 min very easy shakeout

**RUN 3** **TURKEY TROT 5K!**

## RACE-DAY WARM-UP

Start with 5–10 minutes of easy walking or jogging.

Follow with some dynamic movement and a few short strides to get your body ready to run.

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

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

## YOU'RE READY!

Twelve weeks ago, running about a mile continuously was your starting point.

Since then, you've gradually increased your running distance, built your aerobic endurance, and introduced controlled faster efforts to prepare your body for the full 5K.

On race day, don't get caught up in starting too fast.

**Settle into a comfortable pace, trust the fitness you've built, and save something for the final stretch.**

## 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.**

