



STRENGTH TRAINING

12-WEEK TURKEY TROT STRENGTH TRAINING PROGRAM

Presented by Straight Shot Training



STRAIGHT
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TRAINING



12 WEEKS

2 DAYS / WEEK

HOME OR GYM

BUILD STRENGTH FOR YOUR 5K

Running will prepare you to run the Sheppard Pratt Turkey Trot in Frederick. Strength training can help you build the strength, stability, and resilience to support that running along the way.

This 12-week strength training program is designed to complement any of the Beginner, Intermediate, or Advanced Turkey Trot running programs.

You'll strength train two days per week, completing Workout A and Workout B once each week. Leave at least one day between strength workouts to give your body time to recover.

You have two options:

HOME PLAN

Designed to be completed at home using dumbbells, bodyweight, and basic equipment you already have available.

GYM PLAN

Designed for runners with access to a gym and uses dumbbells along with common gym equipment such as a bench, cable machine, and lat pulldown.

You do not need to complete both plans. Choose the plan that best fits the equipment you have available and follow it for the full 12 weeks.

HOW TO PERFORM THE WORKOUTS

Each workout is organized into three pairs of exercises:

A1 + A2

B1 + B2

C1 + C2

Perform A1, then perform A2. After completing both exercises, rest as needed and then repeat the pair for the prescribed number of sets.

Once you have completed all sets of A1 and A2, move on to B1 and B2. Finish the workout with C1 and C2 in the same way.

Strength training should be challenging, but good form should always come first.

HOW TO READ THE PROGRAM

Each exercise includes the number of sets and repetitions (reps) you should complete.

A rep is one complete repetition of an exercise.

A set is a group of repetitions performed together.

For example:

A1	Goblet Squat	2 x 8-12
A2	3-Point Dumbbell Row	2 x 8-12/side

Start by completing 8-12 Goblet Squats. Then move to the 3-Point Dumbbell Row and complete 8-12 repetitions on each side.

After completing both exercises, rest as needed. Then repeat both exercises for a second set.

Once you've completed both sets of A1 and A2, move on to the B1/B2 pair and follow the same format. Finish with C1/C2.

If you see 2 x 8-12/side, complete 8-12 repetitions on each side every time you perform that exercise.

Some exercises are measured by time or distance instead of repetitions. For example, 2 x 30-45 sec/side means you'll perform the exercise for 30-45 seconds on each side each time you complete that exercise.

HOW TO CHOOSE YOUR WEIGHT

For exercises that use dumbbells, cables, or other resistance, choose a weight that makes the exercise challenging while still allowing you to maintain good form.

The final few repetitions of each set should feel difficult.

If you finish a set and feel like you could have easily completed another four or five repetitions, the weight is probably too light. Increase the weight the next time you perform the exercise.

If you are struggling to reach the bottom of the prescribed rep range with good form, the weight is probably too heavy. Reduce the weight until you can complete the prescribed repetitions with control.

You should finish most sets feeling like you worked hard but could have completed another one to three good repetitions if you absolutely had to.

HOW TO PROGRESS OVER 12 WEEKS

You'll use the same exercises and rep ranges throughout the 12 weeks.

You do not need to constantly change exercises to make progress. Instead, your goal is to gradually perform more repetitions and eventually use more weight as you become stronger.

For example, imagine an exercise is prescribed for:

2 x 8-12

Start with a weight you can perform for at least 8 good repetitions.

Over the following workouts, try to perform more repetitions with that same weight.

You might perform 8 repetitions when you first start, then 9 or 10 as you become stronger, eventually working your way toward 12.

Once you can complete both sets for 12 repetitions with good form, increase the weight.

With the heavier weight, your repetitions will probably drop back toward the lower end of the range. That's okay. As long as you can complete at least 8 good repetitions, continue using that weight and begin working your way toward 12 again.

ADD REPS. ADD WEIGHT. REPEAT.

Continue this process throughout the 12 weeks.

WANT A LITTLE MORE?

Two sets of each exercise are enough to provide meaningful strength training while still allowing you to recover for your running workouts.

If you are recovering well, consistently completing your runs, and want a little more strength training volume, you can add a third set to the strength exercises.

More isn't always better. Your strength training should complement your running, not leave you so sore or fatigued that it interferes with your running workouts.

HOME PLAN

Complete Workout A and Workout B once each week, leaving at least one day between strength workouts.

Click or tap any exercise name to watch the exercise demonstration.

WORKOUT A

	EXERCISE	SETS x REPS
A1	Goblet Squat	2 x 8-12
A2	3-Point Dumbbell Row	2 x 8-12/side
B1	Single-Leg Deadlift	2 x 8-10/side
B2	Half-Kneeling Dumbbell Press	2 x 8-12/side
C1	Single-Leg Calf Raise	2 x 10-15/side
C2	Side Plank Hold	2 x 30-45 sec/side

WORKOUT B

	EXERCISE	SETS x REPS
A1	Dumbbell Romanian Deadlift	2 x 8-12
A2	Dumbbell Floor Press	2 x 8-12
B1	Dumbbell Reverse Lunge	2 x 8-10/side
B2	Dumbbell Pullover	2 x 8-12
C1	Side-to-Side Leg Drops	2 x 8-10/side
C2	Dead Bugs	2 x 10-12/side

GYM PLAN

Complete Workout A and Workout B once each week, leaving at least one day between strength workouts.

Click or tap any exercise name to watch the exercise demonstration.

WORKOUT A

	EXERCISE	SETS x REPS
A1	Goblet Squat	2 x 8-12
A2	Standing 1-Arm Cable Row	2 x 8-12/side
B1	Single-Leg Deadlift	2 x 8-10/side
B2	Seated Shoulder Press	2 x 8-12
C1	Single-Leg Calf Raise	2 x 10-15/side
C2	Suitcase Walk	2 x 40 yd/side

WORKOUT B

	EXERCISE	SETS x REPS
A1	Dumbbell Romanian Deadlift	2 x 8-12
A2	Dumbbell Bench Press	2 x 8-12
B1	Dumbbell Step-Up	2 x 8-10/side
B2	Lat Pulldown	2 x 8-12
C1	Band Standing Twist	2 x 8-10/side
C2	Band Dead Bug March	2 x 10-12/side

STRENGTH THAT SUPPORTS YOUR RUNNING

Your running workouts are the priority as you prepare for the Turkey Trot. The purpose of this program is to build strength that supports your running without adding unnecessary fatigue.

Stay consistent, focus on good technique, and gradually increase the challenge as you become stronger.

You don't need to constantly change exercises to make progress. Get comfortable with the movements, improve your technique, add repetitions, and gradually use heavier weights when you're ready.

Over 12 weeks, those small improvements add up.

WANT HELP WITH YOUR STRENGTH TRAINING?

Programs like this are exactly how we approach strength training at Straight Shot Training.

If you'd like help learning proper form, choosing the right weights, progressing your exercises, and staying accountable, our Semi-Private Training gives you individualized coaching while training alongside a small group of supportive people working toward their own goals.

Your coach will help you learn how to perform each exercise safely and effectively, choose appropriate weights, make adjustments when needed, and continue progressing as you become stronger.

Whether you're preparing for your first 5K or trying to run your fastest one yet, building strength can help you feel stronger and more prepared when you reach the starting line.

Start with a FREE Strong Start Session at Straight Shot Training.



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