

# My Roadtown Turkey Trot Training Plan

Week Starting	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Sep 25	Rest or run/walk	1.5 mi run	Rest or run/walk	1.5 mi run	Rest	1.5 mi run	30 min walk
Oct 2	Rest or run/walk	1.75 mi run	Rest or run/walk	1.5 mi run	Rest	1.75 mi run	35 min walk
Oct 9	Rest or run/walk	2 mi run	Rest or run/walk	1.5 mi run	Rest	2 mi run	40 min walk
Oct 16	Rest or run/walk	2.25 mi run	Rest or run/walk	1.5 mi run	Rest	2.25 mi run	45 min walk
Oct 23	Rest or run/walk	2.5 mi run	Rest or run/walk	2 mi run	Rest	2.5 mi run	50 min walk
Oct 30	Rest or run/walk	2.75 mi run	Rest or run/walk	2 mi run	Rest	2.75 mi run	55 min walk
Nov 6	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	3 mi run	60 min walk
Nov 13	Rest or run/walk	3 mi run	Rest or run/walk	2 mi run	Rest	<b>Roadtown Turkey Trot</b>	

