



TURKEY TROT

S T . P A U L

November 25, 2021

6K 4 Week Training Plan

Date Started: _____ Goal: _____

Wk	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Run / Walk 20 min	Strength Lower Body	2 miles	Rest
2	Strength Lower Body	Run / Walk 25 min	Rest & Stretch	Run / Walk 25 min	Strength Lower Body	2.5 miles	Rest
3	Strength Lower Body	Run / Walk 30 min	Rest & Stretch	Run / Walk 30 min	Strength Lower Body	3 miles	Rest
4	Strength Lower Body	Run / Walk 20 min	Rest & Stretch	Race Day	Up next: Reindeer Run Mpls Dec 11, 2021 www.reindeerrun.com		

Race Info: www.turkeytrotsaintpaul.com