

# Turkey Trot Training + Nutrition Plan

By Forma Gym Fitness + Nutrition Coach, Tracy Beckham

## Training Plan

This plan is an example of how to schedule an exercise routine to build your stamina and speed to prepare for the Turkey Trot.

<b>Monday:</b> Intervals/ Fartlek Run	<b>Tuesday:</b> Slow & Steady	<b>Wednesday:</b> Rest Day	<b>Thursday:</b> Intervals/ Fartlek Run	<b>Friday:</b> Rest Day	<b>Saturday:</b> Intervals/ Fartlek Run	<b>Sunday:</b> Slow & Steady
¼ mile walking warm-up + 1 min. jog / 1 min. walk x 8 + ¼ mile walking cooldown	Dynamic warm-up + 30-40 min. brisk walk OR Gentle Yoga/ Mindful Flow + foam roll	Foam roll + Stretch OR Strength Training	¼ mile walking warm-up + 3 min. jog / 2 min. walk x 6 + ¼ mile walking cooldown	Foam roll + Stretch OR Strength Training	½ mile walking warm-up + 2 min. run / 1 min. walk x 8 + ½ mile walking cooldown	Dynamic warm-up + 30-40 min. brisk walk OR Gentle Yoga/ Mindful Flow + foam roll

*Note: Fartlek means “fun run” in Swedish Choose a point ahead of you (a stop sign, tree, mailbox, etc.), run to that object and follow that with a walk until your heart rate and breathing return to almost normal. Repeat until the end of your workout. Progress your fartlek runs by choosing objects further and further away, giving yourself less time to recover trying to run longer and faster while walking less.*

*Continue to progress. Once this becomes easy for you, increase the duration of time you are running or try to increase your run pace. Gradually start to decrease your walk time. After a few weeks, on your “slow and steady days” progress to a constant run/jog.*

*To further your training program, I encourage you meet with a trainer to:*

- Create a customized strength training program to complement your running
- Learn how to foam roll properly, and which muscle groups are most important for a runner to roll

- *Learn what a dynamic warm-up is, and how to do one at the gym or on the trail*

## **Nutrition Plan: Fuel your Training**

Each meal should have 4 key components:

- Lean protein
- Complex carbohydrates
- Healthy fat
- Lots of veggies!

*The following menu is an example of nutrition needed to fuel your training. For a customized nutrition program, tailored to your specific goals, needs and dietary restrictions, please schedule a session with one of our qualified coaches at Forma Gym.*

### **Breakfast:**

2 whole eggs

½ cup spinach/veggie of your choice

½ cup of oatmeal w/ 1 tbsp nut butter

### **Lunch:**

Green salad w/ your favorite veggie toppings (the brighter the color, the more nutrients)

½ avocado

½ - 1 cup grains (quinoa or brown rice)

4-6 oz. of lean protein (chicken, tuna, hard boiled eggs, etc.)

### **Afternoon Snack:**

Apple + handful of nuts

### **Dinner:**

4-6 oz. of lean protein (fish, chicken, turkey, lean steak)

Roasted veggies

(zucchini, brussel sprouts, bell peppers, onion, broccoli, carrots, etc.)

2 tbsp. olive oil

1 medium sweet potato

### **Pre-Run / Pre-Workout (30-45 minutes before your workout):**

Slice of whole wheat toast + 1 tbsp. almond butter + ½ banana

**or**

Toast w/ honey

### **Post-Run / Post-Workout (within 45-60 minutes after your workout):**

Miller Bomb smoothie from Forma Gym

**or**

Protein powder + water + Greek yogurt + berries

### **Don't Forget to Hydrate!**

- Drink 1/2 your bodyweight in ounces everyday

- Pre-hydrate before runs and post-hydrate when you get home (at least 8 oz. before and after)