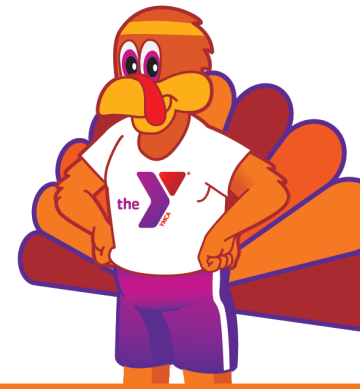


# TRAIN TO TROT



## Get Ready for the Festival Foods Turkey Trot 5-Mile Run with the YMCA's 5-Mile Training Challenge

Join the Marshfield Clinic Health System YMCA for a 5-Mile Train to Trot Challenge as we count down to the 17th Annual Festival Foods Turkey Trot on Thanksgiving Day - Thursday, November 28, 2024.

This is a free program with a suggested training plan, expert tips, advice, and motivation to get you and your family moving! Never done a race before? Want to get the family off the couch? This is perfect for you! Our easy 7-week program is something anyone can do, and beginning it now will get us all ready to Trot. YMCA Healthy Living staff is available to guide you and cheer you on along the way.

Complete the attached weekly goal tickets and submit for weekly drawings. All YMCA members are welcome to participate, even if you are not registered to participate in the Festival Foods Turkey Trot.

### INSTRUCTIONS:

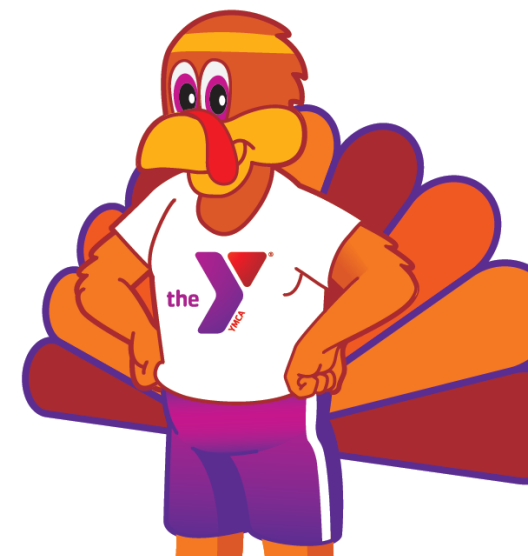
1. Review the attached 5-Mile Training Plan. Week 1 will begin on Monday, October 7 with Week 7 ending on Sunday, November 24. We recommend repeating the Monday and Tuesday workouts in Week 7 for the week of the Turkey Trot, with a rest day on Wednesday, November 27.
2. Track your personal progress, and no worries...weekly training days are interchangeable, the goal is to reach the weekly mileage.
3. Fill out the weekly ticket and drop in the drawing box located at the YMCA Welcome Center at both the Marshfield Center and Neillsville Center. Winners will be notified by phone and prizes can be picked up at your YMCA branch.
4. If you have not yet registered for the Festival Foods Turkey Trot, visit: [www.festivalfoodsturkeytrot.com](http://www.festivalfoodsturkeytrot.com) or scan the QR Code →



# TRAIN TO TROT

## 5-MILE TRAINING PLAN FOR EVERYONE

TRAIN NOW...GOBBLE LATER



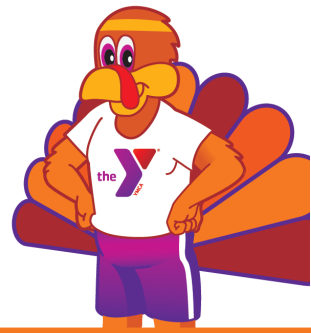
Start every workout with some stretches and a brisk walk to warm up. Cross train at least 2 times per week or take the day off if you really need it. End every workout with stretching.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MILES
<b>1</b> 10/7-10/13	Stretch & Strength	2 Mile Run	30 Min Cross Train	2 Mile Run + Strength	Rest	30 Min Cross Train	2 Mile Run	6
<b>2</b> 10/14-10/20	Stretch & Strength	2 Mile Run	30 Min Cross Train	2 Mile Run + Strength	Rest	30 Min Cross Train	2.5 Mile Run	6.5
<b>3</b> 10/21-10/27	Stretch & Strength	2.5 Mile Run	35 Min Cross Train	2 Mile Run + Strength	Rest	40 Min Cross Train	3 Mile Run	7.5
<b>4</b> 10/28-11/3	Stretch & Strength	2.5 Mile Run	35 Min Cross Train	2 Mile Run + Strength	Rest	40 Min Cross Train	3.5 Mile Run	8
<b>5</b> 11/4-11/10	Stretch & Strength	2.5 Mile Run	40 Min Cross Train	2 Mile Run + Strength	Rest	50 Min Cross Train	4 Mile Run	8.5
<b>6</b> 11/11-11/17	Stretch & Strength	3 Mile Run	40 Min Cross Train	2 Mile Run + Strength	Rest	50 Min Cross Train	4 Mile Run	9
<b>7</b> 11/18-11/24	Stretch & Strength	3 Mile Run	45 Min Cross Train	2 Mile Run + Strength	Rest	60 Min Cross Train	4.5 Mile Run	9.5

Flip the page for workout suggestions, tips, and advice

IMPORTANT NOTE: If you have not been active in the past and feel unsure about your health, talk to your healthcare provider before beginning an exercise program.

# TRAIN TO TROT



## WORKOUT SUGGESTIONS, TIPS & ADVICE

**GREAT JOB!** You've made the first step to a healthier you by deciding to participate in the 5-mile training plan and hopefully the Festival Foods Turkey Trot on Thanksgiving morning. Time to get this party started and get moving. No matter when you're starting your journey, we have some great tools to help you along the way.



**TAKING CARE OF YOUR BODY:** Any time you are working out, or completing a warm up or a cool down, stretching is important! These don't have to be difficult, but they shouldn't be skipped. Warm-ups can simply be light stretches to wake up your muscles and to test if there's anything that doesn't feel good. Once you're done, be sure to stretch those muscles with static movements to help prevent soreness and help the body recover. Static stretching means moving a muscle as far as it can go without feeling pain, then hold that position for 20 to 45 seconds. You should repeat static stretches two to three times each. **DON'T FORGET TO BREATHE!** Just because you're holding an exercise doesn't mean to hold your breath. Breathing in through your nose and out through your mouth helps your body to pace itself and get you through the movement.



**TAKE A BREAK:** By using a run/walk approach, the walking breaks give you time to recover a little and then rev back up.



**MIX IT UP:** This plan incorporates strength and cross training with running, so your whole body is getting a workout! The variety also gives your heart and lungs a chance to adapt and train in a way that puts less strain on the body. Consider the Y's Cardio and Cardio & Strength group exercise classes as part of your cross training workouts. Try the Y's Strength and Yoga classes as part of your strength workouts. Or give our Water Exercise classes a try that incorporate a little of both strength and cross training. It's about building endurance and power, increasing strength, and even helping to encourage recovery.



**THE IMPORTANCE OF THE RIGHT SHOES:** It's hard to run the world (or at least the Turkey Trot) when your feet are in pain. Taking care of your feet while you're walking and running is incredibly important to your health. Depending on your shoe needs, you may need an entirely different type of shoe than the ones you've been lacing up for years. And it's not just you - over time, athletic shoes also wear down and so does their support. So take a moment and check out your shoes for damage and wear.



**GO THE DISTANCE - LIFE IS NOT A SPRINT, IT'S A MARATHON:** This piece of advice is also perfect for you to remember during your Trot training. While we've created a guide for you, there is a lot of room to make it your own. The only way a program like this can work successfully is to make time for it (and you)! If you're like us, we put everything on our calendar if we want to make sure it gets done; so let's do the same here.



**PACE YOURSELF:** Don't worry about your running speed. This is about longevity! As the plan progresses, the running intervals get longer until race day when the goal is to help you be able to run 5 miles without stopping. If you're feeling burned out or feeling aches and pains, take the day off - and if you want to, repeat a week instead of cranking up the intensity.



**TROT WITH YOUR TRIBE:** Sometimes it's much easier to roll over and hit the snooze button, but when you've made plans to meet up with a partner, you've got some motivation to follow through. The Festival Foods Turkey Trot is designed to be a fun way to move with friends and family. However, sometimes it's hard to align schedules with people in your day-to-day life, so consider friends at work or maybe create a team-building experience for a group/organization you are involved with. Even consider getting the kids or teens out of bed to join you! Yes, they will likely grumble, but you'll be setting a great example and they'll (mostly) enjoy the special time together.



**A HEALTHY OUTSIDE STARTS FROM THE INSIDE:** Let's talk about water. Flowers need water to bloom and so do you! There's much to be said about hydration and the benefits to your entire body. It's a must to ensure that you rehydrate and replenish any electrolytes you may have lost (especially if it's hot or humid). Many plans exist for choosing exactly the right number of proteins, carbohydrates and fats you should eat. However, this program is simply encouraging that you eat healthier with a good mix of lean meats, whole grains, healthy fats and lots of fruits and vegetables.



**TIME TO SAY THANK YOU...TO YOU:** Rewarding yourself can look different for everyone, but it's necessary to have some small goals to get you to the big ones. It's whatever will give you that push to get over the hill and make it worth it for continuing on this journey.

# TRAIN TO TROT

## WEEKLY MILEAGE GOAL TICKETS

Fill out the weekly ticket, cut the weekly square from the page, and drop in the drawing box located at the YMCA Welcome Center at both the Marshfield Center and Neillsville Center. Winners will be notified by phone and prizes can be picked up at your YMCA branch.

### WEEK 1 (10/7-10/13)

FIRST & LAST NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

I completed my weekly mileage goal!

### WEEK 2 (10/14-10/20)

FIRST & LAST NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

I completed my weekly mileage goal!

### WEEK 3 (10/21-10/27)

FIRST & LAST NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

I completed my weekly mileage goal!

### WEEK 4 (10/28-11/3)

FIRST & LAST NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

I completed my weekly mileage goal!

### WEEK 5 (11/4-11/10)

FIRST & LAST NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

I completed my weekly mileage goal!

### WEEK 6 (11/11-11/17)

FIRST & LAST NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

I completed my weekly mileage goal!

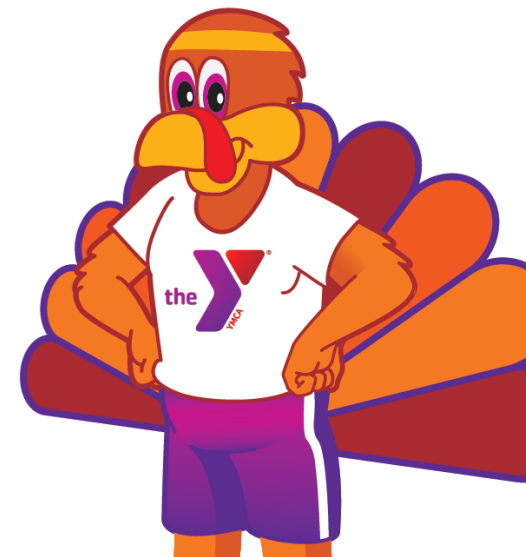
### WEEK 7 (11/18-11/24)

FIRST & LAST NAME \_\_\_\_\_

PHONE: \_\_\_\_\_

I completed my weekly mileage goal!

**CONGRATULATIONS!  
YOU'VE COMPLETED THE  
TRAIN TO TROT CHALLENGE.  
NOW...LET'S TROT!**



*Remember no one starts off the perfect athlete...even athletes. It's about a mindset and understanding your why! Maybe signing up to do the Turkey Trot is just a way to burn off some calories before taking down grandma's pumpkin pie, but, you'll find there are many benefits to reap when you make time for you.*

*Accountability in exercise is why many exercise programs exist. Many of the participants can do the workout on their own, but having people you can count on (and vice versa) makes it all work better.*

**festival**  
**TURKEY**  
**TROT**  
17<sup>TH</sup> ANNUAL