

THRIVE

FAMILY TURKEY TROT TRAINING PLAN



INTRODUCTION: This program is designed to be completed **together as a family** in order to help guide you to completing a 5k race by the end of the 8 weeks! Each day is designed to be done together as a family and can be completed in approximately **30 minutes**.

Each week there are 3 potential workouts, 2 running days and 1 cross-training day. The goal with each of these days is to **build endurance** and help your family to **incorporate movement on a daily basis!** The running days progressively get longer and the cross-training days are designed to have fun will continuing to get your heart rate up and strengthen your body.

We've also included a **mindset focus** that you can discuss with your kids during the built in rest so that you can use each workout as an opportunity to encourage your children and build their confidence!

As you go through each of these days, **please remember a few things:**

1. Speed is NOT the goal. MOVEMENT is the goal! Help your children to fall in love with movement and grow in confidence by focusing on completing the task, whether it's the daily workout or the 5k race, as opposed to their speed. Help them to do the hard work and eventually they will see their hard work pay off.
2. Consistency is KEY. Choose a specific time each week when your family will complete the training. Do your best to plan it into your weekly schedule and then STICK TO IT. Help your children to see that moving our bodies is an essential part of a healthy and productive life.
3. Adjust and adapt as needed. This is a basic plan that is not tailed to YOUR family so adjust and change pieces of the workout as needed in order to fit your unique needs. Remember that our goal is to help children foster a LOVE of movement so feel free to incorporate FUN into any of the workouts!

Let's move!

Week	Weekly Mindset Focus	Running Workout Day 1	Running Workout Day 2	Cross-Training Workout
1	<u><i>You are important.</i></u> <i>What is something that makes you unique?</i>	Run 1 min, Walk 1 Min Repeat 5 times	15 min Alternate between running/walking	4 rounds (alternate with partner, 4 rounds each) 5 air squats 10 lunges 15 jumping jacks
2	<u><i>You are strong.</i></u> <i>What plan can we make for when we face something hard?</i>	Run 2 min, Walk 2 min Repeat 5 times	Run :10 Walk :10 Run :20 Walk :20 Run :30 Walk :30 Run :45 Walk :45 Run 1min Walk 1min *Continue adding :30 seconds until you reach 3 full minutes of running/walking	Tabata (alternate movements) Jump rope or line jumps High Knees
3	<u><i>You can be your best self.</i></u> <i>What are some goals you have for your mind & body?</i>	Run 3 min, Walk 2 min Repeat 5 times	Run 5 minutes Rest 5 minutes Run 5 minutes Rest 5 minutes Run 5 minutes	5 rounds (alternate with partner, 5 rounds each) 5 burpees 5 push ups 5 sit ups 5 air squats
4	<u><i>You are a leader.</i></u> <i>What things are you good at and how can you use them to build someone else up?</i>	Run 4 min, Walk 2 min Repeat 5 times	100m run Rest 200m run Rest 300m run Rest 400m run Rest	:30 sec plank :30 sec right side plank :30 sec left side plank :30 sec bridge :30 sec superman Rest 2 minutes Repeat

			*Repeat until you reach 1000m	*Alternate with partner by switching every :30 seconds
5	<u><i>You are seen.</i></u> <i>When do you feel the most important?</i>	Run 5 min, Walk 2 min Repeat 4 times	1 min run 2 min walk 3 min run 4 min walk 5 min run 6 min walk 7 min run 8 min walk	6 minutes: As Many Rounds as Possible (ball needed) 3 Punt and sprint 6 Overhead throw and sprint 9 Ball jump overs *Person with most rounds gets to choose punishment for other people!
6	<u><i>You can make hard decisions.</i></u> <i>What decisions have you made that you wish you could change?</i>	Run 6 min, walk 1 min Repeat 4 times	Run 15 min Walk 5 min	10 lunges 10 burpees 9 lunges 9 burpees 8 lunges 8 burpeesrepeat until you reach 0! *Alternate each round with partner
7	<u><i>You are in control of your mind.</i></u> <i>What are some positive things you can say to yourself when you are feeling down?</i>	Run 7 min, walk 1 min Repeat 4 times	400m run Rest 800m run Rest 1200m run Rest 800m run Rest 400m run Rest	Tabata x2 Mountain climbers Jumping Squat *Alternate movements each round
8	<u><i>You can do hard things.</i></u> <i>What will you do when the race gets hard?</i>	Run 8 min, walk 1 min Repeat 4 times	Run 20 min Walk 5 min	Max Effort Wall Sit Plank Hold Bridge *Alternate with partner each hold