



SEPTEMBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Get Ready for the 2025 Hamilton Turkey Trot with this training plan!	1	2	3	4	5	6
		A: 5k/10k B: 5k beginner Consistency is Key!	A: 2/3 miles easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)	A: 2.5/3.5 miles easy B: Cross Training - 10 Minutes	Rest	A: 3/4 miles easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)
	7	8	9	10	11	12
	A: Rest B: Easy Walk 20 Minutes	A: 3/4 miles easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)	Rest	A: 2/3 X 400, 2/3 X 200 B: Run 1 min., walk 2 min. - 10 Minutes	A: 3/4 miles easy B: Cross Training - 15 Minutes	Rest
	13					A: 3.5/4.5 mile run easy B: Run 1 min., walk 2 min. - 10 Minutes (.5 Mile)
14	15	16	17	18	19	20
A: Rest B: Easy Walk 20 Minutes	A: 3/4 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)	Rest	A: 3/4 X 400, 3/4 X 200 race pace B: Run 1 min., walk	A: 2/3 miles easy B: Cross Training - 20 Minutes	Rest	A: 3/4 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)
21	22	23	24	25	26	27
A: Rest B: Easy Walk 25 Minutes	A: 3/4 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)	Rest	A: 4/5 X 400 race pace B: Run 1 min., walk 2 min. - 15 Minutes	A: 3/4 miles easy B: Cross Training - 20 Minutes	Rest	A: 4/5 miles easy B: Run 1 min., walk 2 min. - 15 Minutes (.5 - 1 Mile)
28	29	30	A = Current runner B = Beginner Easy = Conversational pace Race Pace = 5k race pace Train on your own or with the Hamilton Run Club . Find us on FB Fitton Family YMCA Running Club Facebook or contact Doreen for more information: 513-476-6839/barrowdoreen@aol.com			
A: Rest B: Easy Walk 20 Minutes	A: 3/4 miles easy B: Run 1 min., walk 2 min. - 20 Minutes (1.25 Miles)	Rest				



OCTOBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending. -James R. Sherman			1	2	3	4
			A: 3/5 X 400 race pace B: Run 1 min., walk 2 min. - 20 Minutes (1.25 Miles)	A: 3/4 miles easy B: Cross Training - 20 Minutes	Rest	A: 4.5/5.5 miles easy B: Run 1 min., walk 2 min. - 20 Minutes (1.25 Miles)
5	6	7	8	9	10	11
A: Rest B: Easy Walk 30 Minutes	A: 3/4 miles easy B: Run 2 min., walk 2 min. - 20 Minutes (1.25 - 1.5 Miles)	Rest	A: 4/6 X 400 race pace B: Run 2 min., walk 2 min. - 20 Minutes	A: 4/5 miles easy B: Cross Training - 25 Minutes	Rest	A: 5/6 miles easy B: Run 2 min., walk 2 min. - 20 Minutes (1.25 - 1.5 Miles)
12	13	14	15	16	17	18
A: Rest B: Easy Walk 30 Minutes	A: 3/4 miles easy B: Hill Training 25 min. (1.25 - 1.75 miles)	Rest	A: 3/4 miles tempo run B: Run 2 min., walk min - 25 Minutes	A: 3/4 miles easy B: Cross Training - 25 Minutes	Rest	A/B: Train Together Day! Run the 5 or 10K Turkey Trot Course. Meet at Marcum Park @ 4pm followed by celebration at Casual Pint.
19	20	21	22	23	24	25
A: Rest B: Easy Walk 25 Minutes	A: 3/4 miles easy B: Run 2 min., walk 2 min. - 30 Minutes (2 - 2.5 Miles)	Rest	A: 5/7 X 400 race pace B: Run 2 min., walk 2 min. - 30 Minutes (2 - 2.5 Miles)	A: 3/4 miles easy B: Cross Training - 30 Minutes	Rest	A: 5.5/6.5 miles easy B: Run 2 min., walk 2 min. - 25 Minutes (1.5 - 2 Miles)
26	27	28	29	30	31	
A: Rest B: Easy Walk 30 Minutes	A: 3/4 miles easy B: Run 3 min., walk 2 min. - 30 Minutes (2.25 - 2.75 Miles)	Rest	A: 3/4 miles w/ Hill Repeats B: Hill training 20 min (1 - 1.5	A: 3 miles easy B: Cross Training - 30 Minutes	Small, daily improvements are the key to staggering long-term results. -Unknown	



NOVEMBER 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run. — John Bingham						1 A: 5k race if possible B: Run 3 min., walk 2 min. - 30 Minutes (2.25 – 2.75 Miles)
2 A: Rest B: Easy Walk 30 Minutes	3 A: 4/5 miles easy B: Run 3 min., walk 2 min - 35 Minutes (2.5-3 miles)	4 Rest	5 A: 5/8 X 400 race pace B: Run 3 min., walk 2 min - 35 Minutes (2.5 - 3 miles)	6 A: 4/5 miles tempo run B: Cross Training – 30 Minutes	7 Rest	8 A: 6/7 miles easy B: Run 3 min., walk 2 min - 35 Minutes (2.5 – 3 Miles)
9 A: Rest B: Easy Walk 30 Minutes	10 A: 4/5 miles easy B: Run 3 min., walk 1 min - 40 Minutes (2.75-3.25 miles)	11 Rest	12 A: 2/3 miles w/ Hill Repeats B: Hill Training - 25 Minutes (1.25-1.75)	13 A: 3/3 miles easy B: Cross Training – 30 Minutes	14 Rest	15 A: 4/5 miles easy B: Run 3 min., walk 1 min - 40 Minutes (2.75 – 3.25 Miles)
16 A: Rest B: Easy Walk 30 Minutes	17 A: 5/6 miles easy B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)	18 Rest	19 A: 6/10 X 400 race pace B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)	20 A: 4/6 mile tempo run B: Cross Training – 30 Minutes	21 Rest	22 A: 7/8 miles easy B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)
23 A: Rest B: Run 3 min., walk 1 min - 45 Minutes (3-4 miles)	24 A: 2 mile run B: Cross Training - 30 Minutes	25 Rest	26 Rest	27 Race Day, Good Luck!	28	29
30						