

25 MINUTES

THE TURKEY BURNER

running workout



NEAR MAX PACE



MODERATE PACE



EASY PACE

THE APPETIZER



3 MINUTES

THE SALAD



30 SECONDS



90 SECONDS
repeat 4 times
total

THE MAIN COURSE



3 MINUTES



3 MINUTES



2 MINUTES



2 MINUTES



1 MINUTES



1 MINUTES

THE DESSERT



2 MINUTES

Red Turkey = Near Max Pace

You couldn't go at this pace for much more than a minute. It's working at a very hard effort.

Orange Turkey = Moderate Pace

You are working harder than an easy pace, but not so hard that you couldn't continue the pace for a mile or two.

Yellow Turkey = Easy Pace

This is a slow and easy pace that you could carry on for a long time. It may be a walking pace for some.

THE TURKEY BURNER RUNNING WORKOUT

THE APPETIZER

Run for three minutes at an easy pace

THE SALAD

Run for 30 seconds at a moderate pace
run for 90 seconds at an easy pace
Complete four times

THE MAIN COURSE

Run for three minutes at an easy pace
Run for three minutes at a moderate pace
Run for two minutes at an easy pace
Run for two minutes at a moderate pace
Run one minute at an easy pace
Run one minute at a near-max effort

THE DESSERT

Run or walk for two minutes (or for as long as it takes for your heart-rate to return to near-normal)