



# Train to Trot



Ready to do Turkey Day the Texas Health-Y Way?



## Introducing Our 10-Step TRAINING PLAN

To make getting ready for the YMCA Turkey Trot simple and easy, we've created this self-paced program that anyone can do!

So whether you're doing this with family, friends or on your own, this is a fun way to get moving!

### Step 1



Congrats, you've already found the program guide! Keep reading!

### Step 2



#### Check In with Yourself

Is your body ready to train? Take one of our free [Health Assessments](#) to learn about your own health risks.

### Step 3



#### Make the Commitment

Take the next step by [taking the Pledge](#). We are excited to know that you'll be training alongside us!



Follow us on social media and share your Turkey Trot talk along the way by using [#TrotWithTexasHealth](#) and tagging [@TexasHealth](#) when you post!

For more Trot info,  
free health assessments  
and more, visit:  
[TrotWithTexasHealth.org](http://TrotWithTexasHealth.org)



[CLICK TO REGISTER FOR THE  
DALLAS TROT](#)



[CLICK TO REGISTER FOR THE  
FORT WORTH TROT](#)

IMPORTANT NOTE: If you haven't been active in the past and feel unsure about your health, talk to your health care provider before beginning an exercise program.

# Step 1

Good job! You've made the first step to a healthier you by deciding to participate in the Turkey Trot this 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.

**We've made this program super easy – you just need 20-30 minutes a day**

(and there's even breaks built in!)

## Let's Get This Party Started

### Time to Move!



**READY TO GO?** Just print out the [Run/Walk Tracker](#) and stick to it!

**EASY-PEASY:** This program is designed for everyone in mind! No experience? You haven't run for years? *This is perfect for you!*

**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:** Pair this plan with alternating interval training or other exercise, so your whole body is getting a work out!



The variety also gives your heart and lungs a chance to adapt and train in a way that puts less strain on the body.

**PACE YOURSELF:** Don't worry about your running speed. This is about longevity!

As the plan progresses, the running intervals get longer, and the walking intervals get shorter, until race day when the goal is to help you be able to walk or run a 5K without stopping!

If you're feeling burned out or feeling aches and pains, take a day off – and if you want to, repeat a week instead of cranking up the intensity.



## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [Get the Party Started](#), P!nk  
You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**EXTRA CREDIT:** Print out the [Run/Walk Tracker](#).  
Make 3 copies - one for the fridge, one for the car and one for your wallet/purse!



Want some encouragement and inspiration?  
[Join our Facebook community!](#)

[TrotWithTexasHealth.org](https://TrotWithTexasHealth.org) | [#TrotWithTexasHealth](https://twitter.com/TrotWithTexasHealth) | [@TexasHealth](https://www.instagram.com/TexasHealth)

IMPORTANT NOTE: If you haven't been active in the past and feel unsure about your health, talk to your health care provider before beginning an exercise program.

# Step 2

While this plan is perfect for beginners and all levels, it's still a good idea to make sure you check in with you! You only get one body, so make sure to 'take it in for regular maintenance' and you know it best, so listen to your body when it's talking to you!

## Let's Get Physical

### Taking Care of Your Body

**Any time you're working out, or completing a warm up or a cool down, stretch 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.

#### ANOTHER IMPORTANT THING:

***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.

## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [Rock Your Body](#), Justin Timberlake  
You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**EXTRA CREDIT:** Are you ready? Check out these helpful [Health Assessments!](#)



**READ:** *The Difference Between Muscle Soreness and Injuries*



Want some encouragement  
and inspiration?  
Join our Facebook community!

[TrotWithTexasHealth.org](https://TrotWithTexasHealth.org) | [#TrotWithTexasHealth](https://twitter.com/TrotWithTexasHealth) | [@TexasHealth](https://www.facebook.com/TexasHealth)

# Step 3

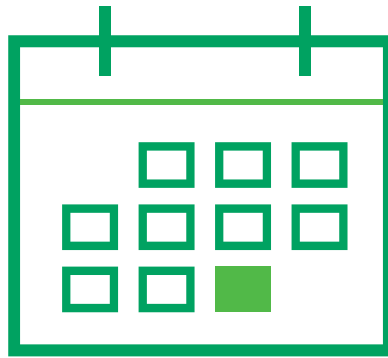
## Go the Distance

Life is not a sprint, it's a marathon

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.

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!



**Where can that 20-30 minute daily block fit in your schedule?**

Get out your phone, your computer, your handwritten calendar, and start putting **YOU** first!

### TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [Feel Good Inc.](#), Gorillaz

You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**READ:** [A Healthier Outlook on Thanksgiving Day](#)



Want some encouragement and inspiration?  
Join our Facebook community!

[TrotWithTexasHealth.org](https://TrotWithTexasHealth.org) | [#TrotWithTexasHealth](https://twitter.com/TrotWithTexasHealth) | [@TexasHealth](https://www.facebook.com/TexasHealth)

# Step 4

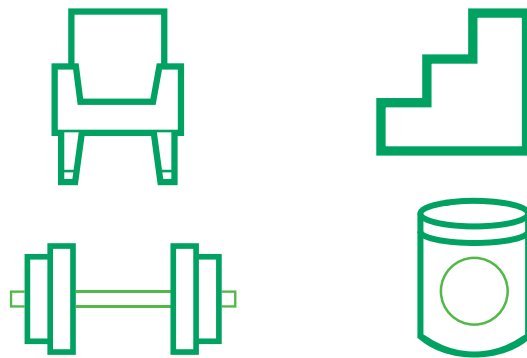
## You've Got the Right Stuff

Time to Mix it Up!

While walking and running is an important part of the plan, cross training is just as important! You can choose what you do – whether it's cycling, yoga, swimming or strength training, cross training helps to mix it up! It's about building endurance and power, increasing strength, and even helping to encourage recovery.

### **Don't have a gym membership, a trainer or any equipment at home to exercise?**

Don't worry - you can do a great strength workout without buying any weights or machines. If you have a chair, a can of soup, and even the stairs to your apartment door can become the ideal items to make a super at-home gym. (We have all kinds of ideas for you with this week's homework!)



YouTube and Pinterest also have tons of free resources for you to use for inspiration, so why wait? **Let's get ready to move!**

## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** *Shake It Off*, Taylor Swift

You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**READ:** *How to Create a Great Home Gym without Expensive, Bulky Equipment*



Want some encouragement  
and inspiration?  
Join our Facebook community!

[TrotWithTexasHealth.org](https://TrotWithTexasHealth.org) | [#TrotWithTexasHealth](https://twitter.com/TrotWithTexasHealth) | [@TexasHealth](https://www.facebook.com/TexasHealth)

# Step 5

## Run the World

### The Importance of the Right Shoes

If you're in the market for a new pair of shoes, consider visiting a specialty shoe provider to give you more insight into your specific needs. You may have a high arch (or no arch at all), a wide toe bridge, or need thicker soles... it's best to look at your individual needs before you look for the coolest shoes on the market. Once you've identified your needs and matched up the appropriate options, then you can choose the brand or color based on your budget.

### Ready to run the world?

It's hard to run the world (or at least the Trot) when your feet are in pain. Taking care of your feet while you're walking and running is incredibly important to your health (they aren't just for kicks!) 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 do their support. So take a moment and check out your shoes for damage or wear.



WHATEVER YOU DO,

BE NICE TO YOUR FEET AND

THEY WILL BE NICE TO YOU!



## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [Run the World](#), Beyonce  
You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**READ:** [Here's to a Joint Healthy Holiday Season](#)



**EXTRA CREDIT:** Check out your joint and back health by taking these quick free [Health Assessments](#).



Want some encouragement  
and inspiration?  
[Join our Facebook community!](#)

[TrotWithTexasHealth.org](#) | [#TrotWithTexasHealth](#) | [@TexasHealth](#)

# Step 6

If you're looking for cheerleaders outside of your normal circle, we've made it easy to connect using **#TrotWithTexasHealth**. Just search for that hashtag on **Facebook** or **Instagram** to find related posts and to connect with others that are also posting about joining the Turkey Trot and even about the Train to Trot program.



## Trot with Your Tribe

The More the Merrier. Seriously!



### 6 a.m.? Not again.

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.

**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.**

The 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. 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.



Join the [Train to Trot Facebook group](#) for encouragement, inspiration and to share your journey along the way.

## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [Everybody](#), Backstreet Boys

You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**EXTRA CREDIT:** Ask a friend or family member to join you to Trot, or search for **#TrotWithTexasHealth** posts to find other Train to Trot members



Want some encouragement and inspiration?  
[Join our Facebook community!](#)

[TrotWithTexasHealth.org](#) | [#TrotWithTexasHealth](#) | [@TexasHealth](#)



# Step 7

## A Recipe for a Healthier You

A healthy outside starts from the inside

You've done the hardest part already - committing to making a good choice for your health. Exercise is beneficial for your body at any age but adding in some healthier eating habits and you're going to accomplish way more than just finishing the Turkey Trot. We're not talking about overhauling your entire nutrition plan (although at Texas Health we can help with that) – even small, incremental changes can make a huge difference over time.

### 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. However, anytime you take on a new regimen, it's a must to ensure that you rehydrate and replenish any electrolytes you may have lost (especially if it's hot or humid.)



### You are what you eat.

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. We recommend a good mix of lean meats, whole grains, healthy fats and lots of fruit and vegetables.



Check out our Extra Credit below for more tips. Remember, everyone's body is different, so work with your doctor or nutritionist to create the right plan for your needs.

## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [I Feel Good](#), James Brown  
You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**READ:** [Six Healthy Holiday Eating Strategies](#)



Want some encouragement  
and inspiration?  
[Join our Facebook community!](#)

[TrotWithTexasHealth.org](#) | [#TrotWithTexasHealth](#) | [@TexasHealth](#)



# Step 8

## This is How We Do It

### Rewards and Recognition

You've been hard at it for weeks - getting your training in and making sure to get enough water, good food, and good sleep! But there are still several days until the race... what's going to keep you motivated when the finish line seems so far away?

**That's when it's time to reward yourself.**

### 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. Perhaps it's a new workout shirt, a nice bubble bath, or a massage. It's whatever will give you that push to get over the hill and make it worth it for continuing on this journey!



On this program, Sundays are set for rest, so use that day to schedule an appointment or do something nice for yourself. We recommend not to make rewards about food or skipping out on exercise - we've already made great progress and we don't want to backtrack now. You're so close to the finish line!

## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** *[Can't Stop the Feeling](#)*, Justin Timberlake

You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**EXTRA CREDIT:** Celebrate all your work so far with a reward. Schedule an appointment or post a photo on social with **#TrotWithTexasHealth** marking your milestone.



Want some encouragement  
and inspiration?  
[Join our Facebook community!](#)

[TrotWithTexasHealth.org](https://TrotWithTexasHealth.org) | [#TrotWithTexasHealth](#) | [@TexasHealth](#)

# Step 9

## Put Your Heart In It

Healthy Body, Happy Heart

Texas Health is your partner in getting the facts and helping you take control of your health. We know that keeping you on the go is important! We are focused on the health of our community, and offer a wide range of preventive medicine, heart and vascular health and wellness-based services throughout North Texas.

### The heart of the Train to Trot program

Speaking of heart, that one beating inside your chest is core to your health. Being heart healthy should be the #1 goal for everyone, especially as we begin to age.

Steps like walking with the Train to Trot program, eating a heart-healthy diet and managing your stress are BIG ways to manage your heart health.

Another step is knowing your numbers and risks, so Texas Health has created this [free heart health assessment](#) to help you determine where things stand. Just five minutes now can make a world of difference tomorrow!

---

UNFORTUNATELY,  
EACH YEAR ONE  
OF THREE WOMEN  
WILL DIE OF  
HEART DISEASE

---



### TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [Groove is in the Heart](#), Deee-Lite

You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**EXTRA CREDIT:** [Take](#) this free heart assessment from Texas Health (you just need five minutes!)



**EXTRA CREDIT:** [Sign up](#) to receive emails with tips and information about caring for your heart and vascular health from Texas Health!



Want some encouragement  
and inspiration?  
[Join our Facebook community!](#)

[TrotWithTexasHealth.org](#) | [#TrotWithTexasHealth](#) | [@TexasHealth](#)

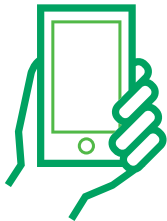
IMPORTANT NOTE: If you haven't been active in the past and feel unsure about your health, talk to your health care provider before beginning an exercise program.

# Step 10

## Let's Do This!

### Time to Trot

When you get to the Trot, don't forget to take your photo in front of our special "Turkey Trot Photo Spot" (*because it didn't happen if you didn't put it on social media right?*). This also gives others a chance to give you a little motivation on your social!



## You made it! Congratulations!

It's almost race week! We have done the work and in the words of The Chicks, we're "Ready to Run!" So put on your best Turkey Trot race outfit and come see us at the Dallas or the Fort Worth Trot. You also have your "Trot with Texas Health Playlist" for a song list to keep you moving to the finish line.

And as we've been saying the whole time, we are here to cheer you on! Plus, here are two more songs to keep you going to the end and to congratulate you when you get there.

# Let's Trot!

## TO DO LIST



**HOMEWORK:** Visit your daily [Run/Walk Tracker](#) and keep moving!



**LISTEN:** [High Hopes](#), Panic! At The Disco

**LISTEN:** [We are the Champions](#), Queen

You can find our whole playlist on Spotify. Just search for "Trot with Texas Health"



**EXTRA CREDIT:** Don't want to end the fun? Connect with us on social for helpful tips all year long at [@TexasHealth](#) on Facebook, Instagram and Tik Tok.



Want some encouragement  
and inspiration?  
Join our Facebook community!

[TrotWithTexasHealth.org](#) | [#TrotWithTexasHealth](#) | [@TexasHealth](#)