



**5K & 10K**

**8TH ANNUAL BELL CREEK  
TURKEY TROT**

November 22, 2018

8:10 a.m. Check-in / 8:30 a.m. Start  
Bell Creek Club House

You are invited — Bring your family and friends. All ages welcome!

What is a Turkey Trot? It's a fun way to start Thanksgiving on the right foot! Join with family, friends and neighbors for a walk, jog or run. A 3.1 mile (5k) course will be marked throughout Bell Creek which can be completed at any pace you like. Ambitious turkeys can complete a second loop going through the beautiful wooded trail to the historic Shelton House at rear of the neighborhood for a total of 6.2 miles (10k).

Coffee, doughnuts, tea, water, juice, etc. provided. Finisher medals for the kids and prizes. Just show up and enjoy the tradition of the Bell Creek Turkey Trot!

No experience needed, but the accompanying YMCA training plans can be used as a guide to help you reach the goal of completing a 10K!

For additional details regarding the training plans or any other Turkey Trot related questions, please contact Ken Melia at [kenmelia@comcast.net](mailto:kenmelia@comcast.net) / 804-814-8910 or Victoria Harness [vpilum@gmail.com](mailto:vpilum@gmail.com) / 804-426-4799

There is NO race fee, but please register at: [www.bellcreekcommunity.com](http://www.bellcreekcommunity.com)

**2018**

**Walker - Training Schedule for Bell Creek Turkey Trot**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		9/18/2018 <b>1Mile Easy</b>	9/19/2018 <b>Rest</b>	9/20/2018 <b>1.5 Miles Easy</b>	9/21/2018 <b>Rest</b>	9/22/2018 <b>2 Miles Steady</b>
9/23/2018 <b>Rest</b>	9/24/2018 <b>2 Miles Easy</b>	9/25/2018 <b>Rest</b>	09/26/2018 <b>2 Miles Easy</b>	09/27/2018 <b>Cross Train or Walk</b>	09/28/201 <b>8 Rest</b>	09/29/2018 <b>3 Miles Steady</b>
09/30/2018 <b>Rest</b>	10/01/2018 <b>2 Miles Easy</b>	10/02/2018 <b>Rest</b>	10/03/2018 <b>2 Miles Easy</b>	10/04/2018 <b>Cross Train or Walk</b>	10/05/201 <b>8 Rest</b>	10/06/2018 <b>3 Miles Steady</b>
10/07/2018 <b>Rest</b>	10/08/2018 <b>2 Miles Easy</b>	10/09/2018 <b>Rest</b>	10/10/2018 <b>3 Miles Easy</b>	10/11/2018 <b>Cross Train or Walk</b>	10/12/201 <b>8 Rest</b>	10/13/2018 <b>4 Miles Steady</b>
10/14/2018 <b>Rest</b>	10/15/2018 <b>3 Miles Mixed</b>	10/16/2018 <b>Rest</b>	10/17/2018 <b>4 Miles Easy</b>	10/18/2018 <b>Cross Train or Walk</b>	10/19/201 <b>8 Rest</b>	10/20/2018 <b>4 Miles Steady</b>
10/21/2018 <b>Rest</b>	10/22/2018 <b>2 Miles Easy</b>	10/23/2018 <b>Rest</b>	10/24/2018 <b>4 Miles Mixed</b>	10/25/2018 <b>Cross Train or Walk</b>	10/26/201 <b>8 Rest</b>	10/27/2018 <b>5 Miles Steady</b>
10/28/2018 <b>Rest</b>	10/29/2018 <b>3 Miles Easy</b>	10/30/2018 <b>Rest</b>	10/31/2018 <b>3 Miles Easy</b>	11/01/2018 <b>Cross Train or Walk</b>	11/02/201 <b>8 Rest</b>	11/03/2018 <b>5 Miles Steady</b>
11/04/2018 <b>Rest</b>	11/05/2018 <b>3 Miles Easy</b>	11/06/2018 <b>Rest</b>	11/07/2018 <b>5 Miles Mixed</b>	11/08/2018 <b>Cross Train or Walk</b>	11/09/201 <b>8 Rest</b>	11/10/2018 <b>6 Miles Steady</b>
11/11/2018 <b>Rest</b>	11/12/2018 <b>3 Miles Easy</b>	11/13/2018 <b>Rest</b>	11/14/2018 <b>3 Miles Mixed</b>	11/15/2018 <b>Cross Train or Walk</b>	11/16/201 <b>8 Rest</b>	11/17/2018 <b>4 Miles Steady</b>
11/18/2018 <b>Rest</b>	11/19/2018 <b>3 Miles Easy</b>	11/20/2018 <b>Rest</b>	11/21/2018 <b>Rest</b>	11/22/2018 <b>Bell Creek Turkey Trot 6.2 miles</b>		

**2018**

**Novice Runner - Training Schedule for Bell Creek Turkey Trot**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	9/17/2018 <b>1 Mile Run or Walk</b>	9/18/2018 <b>Rest</b>	9/19/2018 <b>1.5 Miles Easy</b>	9/20/2018 <b>Cross Train or Walk</b>	9/21/2018 <b>Rest</b>	9/22/2018 <b>2 Miles Steady</b>
9/23/2018 <b>Rest</b>	9/24/2018 <b>2 Miles Easy</b>	9/25/2018 <b>Rest</b>	09/26/2018 <b>2 Miles Easy</b>	09/27/2018 <b>Cross Train or Walk</b>	09/28/2018 <b>Rest</b>	09/29/2018 <b>3 Miles Steady</b>
09/30/2018 <b>Rest</b>	10/01/2018 <b>2 Miles Easy</b>	10/02/2018 <b>Rest</b>	10/03/2018 <b>2 Miles Easy</b>	10/04/2018 <b>Cross Train or Walk</b>	10/05/2018 <b>Rest</b>	10/06/2018 <b>3 Miles Steady</b>
10/07/2018 <b>Rest</b>	10/08/2018 <b>3 Miles Easy</b>	10/09/2018 <b>Rest</b>	10/10/2018 <b>3.5 Miles Easy</b>	10/11/2018 <b>Cross Train or Walk</b>	10/12/2018 <b>Rest</b>	10/13/2018 <b>4 Miles Steady</b>
10/14/2018 <b>Rest</b>	10/15/2018 <b>3 Miles Mixed</b>	10/16/2018 <b>Rest</b>	10/17/2018 <b>4 Miles Easy</b>	10/18/2018 <b>Cross Train or Walk</b>	10/19/2018 <b>Rest</b>	10/20/2018 <b>4 Miles Steady</b>
10/21/2018 <b>Rest</b>	10/22/2018 <b>3.5 Miles Easy</b>	10/23/2018 <b>Rest</b>	10/24/2018 <b>4.5 Miles Mixed</b>	10/25/2018 <b>Cross Train or Walk</b>	10/26/2018 <b>Rest</b>	10/27/2018 <b>5 Miles Steady</b>
10/28/2018 <b>Rest</b>	10/29/2018 <b>3 Miles Easy</b>	10/30/2018 <b>Rest</b>	10/31/2018 <b>4 Miles Easy</b>	11/01/2018 <b>Cross Train or Walk</b>	11/02/2018 <b>Rest</b>	11/03/2018 <b>5 Miles Steady</b>
11/04/2018 <b>Rest</b>	11/05/2018 <b>4 Miles Easy</b>	11/06/2018 <b>Rest</b>	11/07/2018 <b>5.5 Miles Mixed</b>	11/08/2018 <b>Cross Train or Walk</b>	11/09/2018 <b>Rest</b>	11/10/2018 <b>6 Miles Steady</b>
11/11/2018 <b>Rest</b>	11/12/2018 <b>3 Miles Easy</b>	11/13/2018 <b>Rest</b>	11/14/2018 <b>4 Miles Mixed</b>	11/15/2018 <b>Cross Train or Walk</b>	11/16/2018 <b>Rest</b>	11/17/2018 <b>4 Miles Steady</b>
11/18/2018 <b>Rest</b>	11/19/2018 <b>3 Miles Easy</b>	11/20/2018 <b>Rest</b>	11/21/2018 <b>Rest or Light Cross Train</b>	11/22/2018 <b>Bell Creek Turkey Trot 6.2 miles</b>		

**2018****Intermediate Runner - Training Schedule for Bell Creek Turkey Trot**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	9/17/2018 <b>2 Mile Run</b>	9/18/2018 <b>30 Minute Tempo Run</b>	9/19/2018 <b>Rest</b>	9/20/2018 <b>3 Mile Run</b>	9/21/2018 <b>Cross Train</b>	09/22/2018 <b>4 Mile Run</b>
09/23/2018 <b>Rest</b>	09/24/2018 <b>3 Mile Run</b>	09/25/2018 <b>30 Minute Tempo Run</b>	09/26/2018 <b>Rest</b>	09/27/2018 <b>4 Mile Run</b>	09/28/2018 <b>Cross Train</b>	09/29/2018 <b>5 Mile Run</b>
09/30/2018 <b>Rest</b>	10/01/2018 <b>4 Mile Run</b>	10/02/2018 <b>35 Minute Tempo Run</b>	10/03/2018 <b>Rest</b>	10/04/2018 <b>3 Mile Run</b>	10/05/2018 <b>Cross Train</b>	10/06/2018 <b>3 Mile Run</b>
10/07/2018 <b>Rest</b>	10/08/2018 <b>3 Mile Run</b>	10/09/2018 <b>35 Minute Tempo Run</b>	10/10/2018 <b>Rest</b>	10/11/2018 <b>4 Mile Run</b>	10/12/2018 <b>Cross Train</b>	10/13/2018 <b>5 Mile Run</b>
10/14/2018 <b>Rest</b>	10/15/2018 <b>5 Mile Run</b>	10/16/2018 <b>40 Minute Tempo Run</b>	10/17/2018 <b>Rest</b>	10/18/2018 <b>3 Mile Run</b>	10/19/2018 <b>Cross Train</b>	10/20/2018 <b>5 Mile Run</b>
10/21/2018 <b>Rest</b>	10/22/2018 <b>5 Mile Run</b>	10/23/2018 <b>40 Minute Tempo Run</b>	10/24/2018 <b>Rest</b>	10/25/2018 <b>6 Mile Run</b>	10/26/2018 <b>Rest</b>	10/27/2018 <b>6 Mile Run</b>
10/28/2018 <b>Rest</b>	10/29/2018 <b>5 Mile Run</b>	10/30/2018 <b>45 Minute Tempo Run</b>	10/31/2018 <b>Rest</b>	11/01/2018 <b>4 Mile Run</b>	11/02/2018 <b>Cross Train</b>	11/03/2018 <b>7 Mile Run</b>
11/04/2018 <b>Rest</b>	11/05/2018 <b>5 Mile Run</b>	11/06/2018 <b>40 Minute Tempo Run</b>	11/07/2018 <b>Rest</b>	11/08/2018 <b>4 Mile Run</b>	11/09/2018 <b>Cross Train</b>	11/10/2018 <b>6 Mile Run</b>
11/11/2018 <b>Rest</b>	11/12/2018 <b>4 Mile Run</b>	11/13/2018 <b>35 Minute Tempo Run</b>	11/14/2018 <b>Rest</b>	11/15/2018 <b>3 Mile Run</b>	11/16/2018 <b>Cross Train</b>	11/17/2018 <b>5 Mile Run</b>
11/18/2018 <b>Rest</b>	11/19/2018 <b>3 Mile Run</b>	11/20/2018 <b>30 Minute Tempo Run</b>	11/21/2018 <b>Rest</b>	11/22/2018 <b>Bell Creek Turkey Trot 6.2 miles</b>		