

# AUGUST 2024 – ‘Developmental’ Training Outline

- August: 6+ Day Work Week
- Finalizing Foundational Training

| Sunday                                                     | Monday                                                                                                                           | Tuesday                                                                                        | Wednesday                                                                                    | Thursday                                                               | Friday                                                        | Saturday                                                                                                |
|------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| 28                                                         | WEEK 9 29                                                                                                                        | @ NHS 30                                                                                       | 31                                                                                           | @ TYLER August 1                                                       | 2                                                             | 3                                                                                                       |
| REST–RECOVERY<br>– Marrington / CRN XC Camp Week –         | <b>Run &amp; Hill Reps</b><br>40-Minute Run<br>5 x Hill Reps @ ~5k<br><b>-Lifting Routine-</b>                                   | <b>AM–</b><br>50 Minute Run & Lift<br><br><b>*PM–</b><br>30+ Min. Cross Train                  | Easy-Aerobic Run:<br><b>50-60 Minutes</b><br>4 x 150m Accelerating Sprints                   | Long Run:<br><b>75-85 Minutes</b><br>Final 15 Mins–<br>5 x 30sec Surge | Aerobic Run:<br><b>50-60 Minutes</b><br>4 x Strides, ~3k-Mile | <b>NESHAMINY ALUMNI RUN</b><br><br>(Time Trial– Run– Lift)                                              |
| 4                                                          | WEEK 10 5                                                                                                                        | @ NHS 6                                                                                        | 7                                                                                            | @ TYLER 8                                                              | 9                                                             | @ CANAL 10                                                                                              |
| REST–RECOVERY<br>(Supplementals)                           | Aerobic Run:<br><b>50-60 Minutes</b><br>4 x 150m Accelerating Sprints                                                            | <b>AM– Workout</b><br>– Mile<br>– 6-8 x 800m @ LT<br><br><b>*PM–</b><br>30+ Min. Cross Train   | Easy-Aerobic Run:<br><b>45-55 Minutes</b>                                                    | Long Run:<br><b>75-80 Minutes</b><br>Final 15 Mins–<br>5 x 30sec Surge | Aerobic Run:<br><b>50-60 Minutes</b><br>4 x Strides, ~3k-Mile | <b>8 Mile Progression</b><br>1-3 Aerobic (~7:30)<br>4-6 Up-Tempo (~6:30)<br>6-8 @ LT (~6:00)            |
| 11                                                         | WEEK 11 12                                                                                                                       | @ NHS 13                                                                                       | 14                                                                                           | @ TYLER 15                                                             | 16                                                            | @ CANAL 17                                                                                              |
| REST–RECOVERY<br><br><b>Official Practice Begins 08/12</b> | <b>AM–</b><br>50 Minute Run &<br>5 x 200 @ 3k-Mile<br><br><b>*PM–</b><br>30+ Min. Cross Train                                    | <b>Run &amp; Hill Reps</b><br>45-Minute Run<br>5 x Hill Reps @ ~5k<br><b>-Lifting Routine-</b> | <b>AM–</b><br>50 Minute Run;<br>2-4 x Strides ~5k<br><br><b>*PM–</b><br>30+ Min. Cross Train | Long Run:<br><b>75-85 Minutes</b>                                      | Easy-Aerobic Run:<br><b>45-60 Minutes</b>                     | <b>2 x 5-Mile Progression</b><br>7:30–7:15–7:00–6:40<br>– LT/CV Final Mile<br>(2-Mins Rec.)             |
| 18                                                         | WEEK 12 19                                                                                                                       | @ NHS 20                                                                                       | 21                                                                                           | @ TYLER 22                                                             | 23                                                            | @ CANAL 24                                                                                              |
| REST–RECOVERY<br>(Supplementals)                           | <b>AM–</b><br>Hybrid Session<br>(LT/CV – 5k-3k)<br><br><b>*PM–</b><br>30 Min. Run / Cross                                        | <b>Run &amp; Hill Reps</b><br>45-Minute Run<br>5 x Hill Reps @ ~5k<br><b>-Lifting Routine-</b> | <b>AM–</b><br>40-50 Min. Easy Run;<br><br><b>*PM–</b><br>30+ Min. Cross Train                | Long Run:<br><b>75-80 Minutes</b><br>Final 15 Mins–<br>5 x 30sec Surge | Aerobic Run:<br><b>45-60 Minutes</b><br>4 x Strides, ~3k-Mile | <b>Fartlek</b><br>6 x 3-Min // 2-Min<br>(50 Minutes Total)<br>5 x 200m @ 5k<br><b>-Lifting Routine-</b> |
| 25                                                         | WEEK 13 26                                                                                                                       | @ NHS 27                                                                                       | @ TYLER 28                                                                                   | 29                                                                     | 30                                                            | 31                                                                                                      |
| REST–RECOVERY<br>(Supplementals)                           | <b>Hybrid Session:</b><br>– 2 x Mile @ LT<br>– 2 x Mile @ CV<br>– 2 x Mile @ ~Goal 5k<br>– 2 x 400 @ ~3k<br>(1-Min Rec Each Rep) | <b>AM–</b><br>50 Minute Run &<br>5 x 200 @ 3k-Mile<br><br><b>*PM–</b><br>30+ Min. Cross Train  | Long Run:<br><b>80-90 Minutes</b>                                                            | Easy-Aerobic Run:<br><b>45-60 Minutes</b><br>4 x 400m @ 5k             | <b>NESHAMINY XC INVITATIONAL</b>                              | Aerobic Run:<br><b>45-60 Minutes</b>                                                                    |

**Supplemental Routines (# /week) – Core Circuit (3), Lunge-Squat (3), Hip Mobility (2-3), Stability & Plyo Routines (2)**