

# AUGUST 2024 – ‘Developmental’ Training Outline

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	<b>WEEK 9</b> 29	@ NHS 30	31	@ TYLER August 1	2	3
REST-RECOVERY (Supplementals)	<b>Hill Reps &amp; Run</b> 4+ x Hill Reps @ ~5k 15-25+ Minute Run	Aerobic Run: <b>25-35+ Minutes</b> – Hip Mobility Routine	Aerobic Run: <b>20-30+ Minutes</b> -OR- Rest-Recovery	“Long” Run: <b>45-55+ Minutes</b> – Core Circuit – Lunge-Squat	Aerobic Run: <b>20-30+ Minutes</b> -OR- Rest-Recovery	<b>NESHAMINY ALUMNI RUN</b>
4	<b>WEEK 10</b> 5	@ NHS 6	7	@ TYLER 8	9	@ CANAL 10
REST-RECOVERY (Supplementals)	<b>Hill Reps &amp; Run</b> 4+ x Hill Reps @ ~5k 15-25+ Minute Run	Aerobic Run: <b>25-35+ Minutes</b> – Hip Mobility Routine	Aerobic Run: <b>20-30+ Minutes</b> -OR- Rest-Recovery	“Long” Run: <b>45-55+ Minutes</b> – Core Circuit – Lunge-Squat	Aerobic Run: <b>20-30+ Minutes</b> -OR- Rest-Recovery	Aerobic Run: <b>25-35+ Minutes</b> – Hip Mobility Routine
11	<b>WEEK 11</b> 12	@ NHS 13	14	@ TYLER 15	16	@ CANAL 17
REST-RECOVERY  <b>Official Practice Begins 08/12</b>	Aerobic Run: <b>30-40+ Minutes</b>	<b>Run &amp; Hill Reps</b> 45-Minute Run 5 x Hill Reps @ ~5k <b>-Lifting Routine-</b>	Aerobic Run: <b>30-40+ Minutes</b>	Long Run: <b>45-60 Minutes</b>	Aerobic Run: <b>30-40+ Minutes</b>	<b>Workout TBD</b>
18	<b>WEEK 12</b> 19	@ NHS 20	21	@ TYLER 22	23	@ CANAL 24
REST-RECOVERY (Supplementals)	<b>Workout TBD</b>	<b>Run &amp; Hill Reps</b> 45-Minute Run 5 x Hill Reps @ ~5k <b>-Lifting Routine-</b>	Aerobic Run: <b>30-40+ Minutes</b>	Long Run: <b>45-60 Minutes</b>	Aerobic Run: <b>30-40+ Minutes</b>	<b>Fartlek</b> 6 x 3-Min // 2-Min (50 Minutes Total) 5 x 200m @ 5k <b>-Lifting Routine-</b>
25	<b>WEEK 13</b> 26	@ NHS 27	@ TYLER 28	29	30	31
REST-RECOVERY (Supplementals)	<b>Workout TBD</b>	Aerobic Run: <b>30-40+ Minutes</b>	Long Run: <b>45-60 Minutes</b>	Aerobic Run: <b>25-35+ Minutes</b>	<b>NESHAMINY XC INVITATIONAL</b>	Aerobic Run: <b>30-40+ Minutes</b>

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