

# JULY 2024 – ‘Developmental’ Training Outline

- July: 6 Day Work Weeks
- FOUNDATIONAL TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<u>WEEK 5</u> 1	@ NHS 2	3	@ TYLER 4	5	@ CANAL 6
REST-RECOVERY (Supplementals)	Aerobic Run: <b>45-50 Minutes</b>  2-4 x Strides, ~Mile	<b>Run &amp; Hill Reps</b> 35-Minute Run 4 x Hill Reps @ ~5k  <b>-Lifting Routine-</b>	Easy-Aerobic Run: <b>30-40 Minutes</b>	Long Run: <b>65-70 Minutes</b>  Final 15 Mins– 5 x 30sec Surge	Aerobic Run: <b>40-50 Minutes</b>  2-4 x Strides, ~5k-3k	<b>Fartlek</b> 5 x 3-Min // 2-Min (45 Minutes Total) 4 x 200m @ 5k  <b>-Lifting Routine-</b>
7	<u>WEEK 6</u> 8	@ NHS 9	10	@ TYLER 11	12	@ CANAL 13
REST-RECOVERY (Supplementals)	Aerobic Run: <b>40-50 Minutes</b>  2-4 x Strides, ~Mile	<b>Assessment / Workout</b> – Mile – 6-8 x 800m @ LT  <b>-Lifting Routine-</b>	Easy-Aerobic Run: <b>35-45 Minutes</b>	Long Run: <b>65-75 Minutes</b>	Aerobic Run: <b>45-55 Minutes</b>  2-4 x Strides, ~3k	<b>Progression Run</b> <b>45-Minutes</b>  5 x 200m @ 5k  <b>-Lifting Routine-</b>
14	<u>WEEK 7</u> 15	@ NHS 16	17	@ TYLER 18	19	@ CANAL 20
REST-RECOVERY (Supplementals)	Aerobic Run: <b>45-55 Minutes</b>  4 x 150m Accelerating Sprints	<b>Run &amp; Hill Reps</b> 35-Minute Run 5 x Hill Reps @ ~5k  <b>-Lifting Routine-</b>	Easy-Aerobic Run: <b>40-50 Minutes</b>	Long Run: <b>70-80 Minutes</b>  Final 15 Mins– 5 x 30sec Surge	Aerobic Run: <b>45-60 Minutes</b>  4 x Strides, ~3k-Mile	<b>Fartlek</b> 6 x 3-Min // 2-Min (50 Minutes Total) 5 x 200m @ 5k  <b>-Lifting Routine-</b>
21	<u>WEEK 8</u> 22	@ NHS 23	24	@ TYLER 25	26	@ CANAL 27
REST-RECOVERY (Supplementals)	<b>Run &amp; Hill Reps</b> 40-Minute Run 5 x Hill Reps @ ~5k	AM– Cross Train & Lift  *PM– 30+ Min. Cross Train	Easy-Aerobic Run: <b>45-55 Minutes</b>  4 x 150m Accelerating Sprints	Long Run: <b>70-80 Minutes</b>	Aerobic Run: <b>45-60 Minutes</b>  4 x Strides, ~3k-Mile	<b>8 Mile Progression</b> 1-3, Aerobic 4-6, Up-Tempo 6-8 @ LT
28	<u>WEEK 9</u> 29	@ NHS 30	31	@ TYLER August 1	2	3
REST-RECOVERY <hr/> – Marrington / CRN XC Camp Week –	<b>Run &amp; Hill Reps</b> 40-Minute Run 5 x Hill Reps @ ~5k	AM– 50 Minute Run & Lift  *PM– 30+ Min. Cross Train	Easy-Aerobic Run: <b>45-55 Minutes</b>  4 x 150m Accelerating Sprints	Long Run: <b>75-85 Minutes</b>  Final 15 Mins– 5 x 30sec Surge	Aerobic Run: <b>45-60 Minutes</b>  4 x Strides, ~3k-Mile	<b>NESHAMINY ALUMNI RUN</b>  (Time Trial– Run– Lift)

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