

JULY 2024 – Novice / No-Prior-Training Outline

July: 4-5 Day Work Weeks
 FOUNDATIONAL TRAINING

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

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