

JUNE 2024 – ‘Developmental’ Training Outline

- June: 5-6 Day Work Week
- FOUNDATIONAL-BASE TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26 REST-RECOVERY (Supplementals)	27 EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	28 EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	29 EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	30 EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	31 EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	June 1 EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery
2	WEEK 1 3	4	5	@ TYLER PARK 6	7	@ CANAL 8
REST-RECOVERY (Supplementals)	Aerobic Run: 30-40 Minutes 2-3 x Strides, ~5k	Aerobic Run: 30-40 Minutes -Lifting Routine-	Aerobic Run: 30-40 Minutes -OR- Rest-Recovery	“Longer” Run: 50-55 Minutes	Aerobic Run: 30-40 Minutes 2-3 x Strides, ~5k	Aerobic Run: 30-40 Minutes 4 x 200m @ 5k Pace -Lifting Routine-
9	WEEK 2 10	11	12	@ TYLER PARK 13	14	@ CANAL 15
REST-RECOVERY (Supplementals)	Aerobic Run: 35-40 Minutes 2-4 x Strides, ~5k	Run & Hill Reps 30-Minute Run 4 x Hill Reps @ LT-5k -Lifting Routine-	Aerobic Run: 30-40 Minutes -OR- Rest-Recovery	“Longer” Run: 50-60 Minutes	Aerobic Run: 30-40 Minutes 2-4 x Strides, ~5k	Aerobic Run: 35-40 Minutes 4 x 200m @ 5k Pace -Lifting Routine-
16	WEEK 3 17	18	19	@ TYLER PARK 20	21	@ CANAL 22
REST-RECOVERY (Supplementals)	Aerobic Run: 40-50 Minutes 2-4 x Strides, ~5k-3k	Fartlek 5 x 3-Min // 2-Min (45 Minutes Total) -Lifting Routine-	Aerobic Run: 30-40 Minutes -OR- Rest-Recovery	“Longer” Run: 55-65 Minutes	Aerobic Run: 35-45 Minutes 2-4 x Strides, ~5k-3k	Aerobic Run: 40-45 Minutes 4 x 200m @ ~Mile -Lifting Routine-
23	WEEK 4 24	@ NHS 25	26	@ TYLER PARK 27	28	@ CANAL 29
REST-RECOVERY (Supplementals)	Aerobic Run: 40-50 Minutes 2-4 x Strides, ~5k-3k	Run & Hill Reps 35-Minute Run 4 x Hill Reps @ LT-5k -Lifting Routine-	Aerobic Run: 30-40 Minutes -OR- Rest-Recovery	“Longer” Run: 55-65 Minutes Final 15 Mins– 5 x 30sec Surge	Aerobic Run: 35-45 Minutes 2-4 x Strides, ~Mile	Progression Run 40-Minutes Total 4 x 200m @ 5k-3k -Lifting Routine-

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