JUNE 2024 – Novice / No-Prior-Training Outline

June: 3–4 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 REST–RECOVERY (Supplementals)	WEEK 1 3 Aerobic Run: **15–25+ Minutes** – Core Circuit – Lunge-Squat	4 Aerobic Run: **15–25+ Minutes** – Hip Mobility Routine	5 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ TYLER PARK 6 Aerobic Run: **15–25+ Minutes** – Core Circuit – Lunge-Squat	7 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ CANAL 8 Aerobic Run: **15–25+ Minutes** – Hip Mobility
9 REST–RECOVERY (Supplementals)	WEEK 2 10 Aerobic Run: **15–25+ Minutes** – Core Circuit – Lunge-Squat	11 Aerobic Run: **15–25+ Minutes** – Hip Mobility Routine	12 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ TYLER PARK 13 Aerobic Run: **15–25+ Minutes** – Core Circuit – Lunge-Squat	14 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ CANAL 15 Aerobic Run: **15–25+ Minutes** – Hip Mobility
16 REST–RECOVERY (Supplementals)	WEEK 3 17 Aerobic Run: **15–30+ Minutes** – Core Circuit – Lunge-Squat	18 Aerobic Run: **20–30+ Minutes** – Hip Mobility Routine	19 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ TYLER PARK 20 Aerobic Run: **15–30+ Minutes** – Core Circuit – Lunge-Squat	21 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ CANAL 22 Aerobic Run: **20–30+ Minutes** – Hip Mobility
23 REST–RECOVERY (Supplementals)	WEEK 4 24 Aerobic Run: **15–30+ Minutes** – Core Circuit – Lunge-Squat	@ NHS 25 Aerobic Run: **20–30+ Minutes** – Hip Mobility Routine	26 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ TYLER PARK 27 Aerobic Run: **15–30+ Minutes** – Core Circuit – Lunge-Squat	28 Aerobic Run: **15–25+ Minutes** -OR- Rest–Recovery	@ CANAL 29 Aerobic Run: **20–30+ Minutes** – Hip Mobility

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