JUNE 2024 – 'Varsity' Training Outline

Sunday

June: 5-6 Day Work Week

FOUNDATIONAL-BASE TRAINING Wednesday Monday Tuesday Thursday Friday Saturday 27 28 29 30 31 May 26 June 1 **REST-RECOVERY** EASY-Aerobic Run: EASY-Aerobic Run: EASY-Aerobic Run: EASY-Aerobic Run: EASY-Aerobic Run: EASY-Aerobic Run: 35-40 Minutes 35-40 Minutes 35-40 Minutes 35-40 Minutes 35-40 Minutes 35-40 Minutes (Supplementals) -OR--OR--OR--OR--OR--OR-Rest-Recovery Rest-Recovery Rest-Recovery **Rest**-Recovery Rest-Recovery Rest-Recovery 2 WEEK 1 3 @ CANAL 4 5 @ TYLER PARK 7 8 Aerobic Run: Aerobic Run: Aerobic Run: Aerobic Run: Aerobic Run: "Longer" Run: **REST-RECOVERY 30-40 Minutes 30-40 Minutes 30-40 Minutes 30-40** Minutes **30-40 Minutes** 50-55 Minutes (Supplementals) 4 x 200m @ 5k Pace -OR-2-3 x Strides, ~5k 2-3 x Strides, ~5k -Lifting Routine-Rest-Recovery -Lifting Routine-9 WEEK 2 10 11 12 @ TYLER PARK 14 @ CANAL 15 13 **Run & Hill Reps** Aerobic Run: Aerobic Run: Aerobic Run: Aerobic Run: "Longer" Run: **REST-RECOVERY** 35-40 Minutes **35-40 Minutes 30-Minute Run** 30-40 Minutes **30-40 Minutes** 50-60 Minutes (Supplementals) 4 x 200m @ 5k Pace 4 x Hill Reps @ LT-5k -OR-2-4 x Strides, ~5k 2-4 x Strides, ~5k -Lifting Routine-Rest-Recovery -Lifting Routine-16 WEEK 3 17 18 19 @ TYLER PARK 21 @ CANAL 22 20 Aerobic Run: Fartlek Aerobic Run: Aerobic Run: Aerobic Run: "Longer" Run: 40-45 Minutes **REST-RECOVERY** 40-50 Minutes **30-40 Minutes** 5 x 3-Min // 2-Min **35-45 Minutes** 55-65 Minutes

(Supplementals)	2-4 x Strides, ~5k-3k	(45 Minutes Total) -Lifting Routine-	-OR- Rest–Recovery	55-05 Minutes	2-4 x Strides, ~5k-3k	4 x 200m @ ~Mile -Lifting Routine-
23	<u>WEEK 4</u> 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: 60-65 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)