

JUNE 2025 – Novice / No-Prior-Training Outline

June: 4–5 Day Work Week
FOUNDATIONAL–BASE TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 15–25+ Minutes 2 x ~100m Accelerating Strides • Core Circuit • Lunge-Squat	Aerobic Run: 15–25+ Minutes • Hip Mobility ‘A’ • Skipping / LM	Aerobic Run: 15–25+ Minutes -OR- Rest–Recovery	Aerobic Run: 15–25+ Minutes 2 x ~150m Accelerating Strides • Core Circuit • Lunge-Squat	Aerobic Run: 15–25+ Minutes -OR- Rest–Recovery	Hilly “Long” Run: 30+ Minutes • Hip Mobility ‘B’ • Skipping / LM
8	9	10	11	12	13	14
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 15–25+ Minutes 3 x ~100m Accelerating Strides • Core Circuit • Lunge-Squat	Aerobic Run: 15–25+ Minutes • Hip Mobility ‘A’ • Plyo Routine • Skipping / LM	Aerobic Run: 15–25+ Minutes -OR- Rest–Recovery	Hill Reps & Run 3-4 x 400m Accel Hill Reps @ LT–5k • Lunge-Squat • Lifting Routine	Aerobic Run: 15–25+ Minutes • Hip Mobility ‘B’ • Core Circuit -OR- Rest–Recovery	“Long” Run: 30–35+ Minutes • “Quick” Circuit • Plyo Routine • Skipping / LM
15	16	17	18	19	20	21
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 20–25+ Minutes 4 x In-&-Out Strides • Hip Mobility ‘A’ • Core Circuit	Anerobic Session 2 Sets – 250m, 150m, 100m @ 90% Sprint 30min Aerobic Run Lifting Assessment	Aerobic Run: 20–25+ Minutes • Core Circuit • Skipping / LM -OR- Rest–Recovery	LT Fartlek 3 x 3-Min // 2-Min (35 Minutes Total) 3 x 200m @ 5k • Lunge-Squat • Lifting Routine	Aerobic Run: 15–25+ Minutes • Hip Mobility ‘B’ • Core Circuit -OR- Rest–Recovery	Hilly “Long” Run: 30–40+ Minutes 3 x <u>Downhill</u> Strides • “Quick” Circuit • Plyo Routine • Skipping / LM
22	23	24	25	26	27	28
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 25–30+ Minutes 3 x ~300m Accelerating Strides • Hip Mobility ‘A’ • Core Circuit	Hill Reps & Run 3-4 x 600m Accel Hill Reps @ LT–5k • Lunge-Squat • Lifting Routine	Aerobic Run: 20–25+ Minutes • Core Circuit • Skipping / LM -OR- Rest–Recovery	Easy-to-Steady Progression Run 30 Minutes Total 10 Easy – 10 Steady — 10 Up-Tempo • Lunge-Squat • Lifting Routine	Aerobic Run: 15–25+ Minutes • Hip Mobility ‘B’ • Core Circuit -OR- Rest–Recovery	“Long” Run: 35–45+ Minutes • “Quick” Circuit • Plyo Routine • Skipping / LM