

JUNE 2025 – ‘Varsity’ Training Outline

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	{1} 2	3	4	5	6	@ Tyler Park 7
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 30–40 Minutes 2 x ~100m Accelerating Strides • Core Circuit • Lunge-Squat	Aerobic Run: 35–45 Minutes • Hip Mobility ‘A’ • Skipping / LM	Aerobic Run: 30–40 Minutes -OR- Rest–Recovery	Aerobic Run: 35–45 Minutes 4 x In-&-Out Strides • Core Circuit • Lunge-Squat	Aerobic Run: 30–40 Minutes -OR- Rest–Recovery	“Longer” Run 50–60 Minutes • Hip Mobility ‘B’ • Skipping / LM
8	{2} 9	10	11	@ Core Creek 12	13	@ Canal 14
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 35–45 Minutes 3 x ~150m Accelerating Strides • Core Circuit • Lunge-Squat	Aerobic Run: 45–55 Minutes • Hip Mobility ‘A’ • Plyo Routine • Skipping / LM	Aerobic Run: 30–40 Minutes -OR- Rest–Recovery	Run & Hill Reps 30-Minute Run 4 x 600m Accel Hill Reps @ LT–5k • Lunge-Squat • Lifting Routine	Aerobic Run: 40–50 Minutes 3 x ~300m Accelerating Strides • Hip Mobility ‘B’ • Core Circuit	“Longer” Run 55–65 Minutes • “Quick” Circuit • Plyo Routine • Skipping / LM
15	{3} 16	@ NHS 17	18	@ Canal 19	20	@ Tyler Park 21
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 50–55 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: 45 Minutes Optional– Shake Out Strides • Core Circuit • Skipping / LM	LT Fartlek 5 x 3-Min // 2-Min (45 Minutes Total) 5 x 400m @ 5k • Lunge-Squat • Lifting Routine	Easy -to- Steady Progression Run: 45–50 Minutes Shake Out Strides • Hip Mobility ‘B’ • Core Circuit	“Longer” Run 65–75 Minutes 3 x <u>Downhill</u> Strides • “Quick” Circuit • Plyo Routine • Skipping / LM
22	{4} 23	@ Tyler Park 24	25	@ Core Creek 26	27	@ Canal 28
REST DAY -OR- EASY Run // Cross Train	Aerobic Run: 50–55 Minutes 3 x ~300m Accelerating Strides • Hip Mobility ‘A’ • Core Circuit	Run & Hill Reps 35-Minute Run 5 x 600m Accel Hill Reps @ LT–5k–3k • Lunge-Squat • Lifting Routine	Aerobic Run: 45–50 Minutes Optional– Shake Out Strides • Core Circuit • Skipping / LM	Progression Run 50 Minutes 10– Easy--Steady--Up Tempo--LT, 10 w- Surges • Lunge-Squat • Lifting Routine	Aerobic Run: 40–45 Minutes 3 x ~100m Accelerating Strides • Hip Mobility ‘B’ • Core Circuit	Long Run 75–80 Minutes –Series of Surges in Final 15-Minutes– • “Quick” Circuit • Plyo Routine • Skipping / LM