

AUGUST 2024 – ‘Developmental’ Training Outline

- August: 6+ Day Work Week
- Finalizing Foundational Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	WEEK 9 29	@ NHS 30	31	@ TYLER August 1	2	3
REST-RECOVERY (Supplementals)	Hill Reps & Run 4+ x Hill Reps @ ~5k 15-25+ Minute Run	Aerobic Run: 25–35+ Minutes – Hip Mobility Routine	Aerobic Run: 20–30+ Minutes -OR- Rest-Recovery	“Long” Run: 45-55+ Minutes – Core Circuit – Lunge-Squat	Aerobic Run: 20–30+ Minutes -OR- Rest-Recovery	NESHAMINY ALUMNI RUN
4	WEEK 10 5	@ NHS 6	7	@ TYLER 8	9	@ CANAL 10
REST-RECOVERY (Supplementals)	Hill Reps & Run 4+ x Hill Reps @ ~5k 15-25+ Minute Run	Aerobic Run: 25–35+ Minutes – Hip Mobility Routine	Aerobic Run: 20–30+ Minutes -OR- Rest-Recovery	“Long” Run: 45-55+ Minutes – Core Circuit – Lunge-Squat	Aerobic Run: 20–30+ Minutes -OR- Rest-Recovery	Aerobic Run: 25–35+ Minutes – Hip Mobility Routine
11	WEEK 11 12	@ NHS 13	14	@ TYLER 15	16	@ CANAL 17
REST-RECOVERY <hr/> Official Practice Begins 08/12	Aerobic Run: 30–40+ Minutes	Run & Hill Reps 45-Minute Run 5 x Hill Reps @ ~5k -Lifting Routine-	Aerobic Run: 30–40+ Minutes	Long Run: 45-60 Minutes	Aerobic Run: 30–40+ Minutes	Workout TBD
18	WEEK 12 19	@ NHS 20	21	@ TYLER 22	23	@ CANAL 24
REST-RECOVERY (Supplementals)	Workout TBD	Run & Hill Reps 45-Minute Run 5 x Hill Reps @ ~5k -Lifting Routine-	Aerobic Run: 30–40+ Minutes	Long Run: 45-60 Minutes	Aerobic Run: 30–40+ Minutes	Fartlek 6 x 3-Min // 2-Min (50 Minutes Total) 5 x 200m @ 5k -Lifting Routine-
25	WEEK 13 26	@ NHS 27	@ TYLER 28	29	30	31
REST-RECOVERY (Supplementals)	Workout TBD	Aerobic Run: 30–40+ Minutes	Long Run: 45-60 Minutes	Aerobic Run: 25–35+ Minutes	NESHAMINY XC INVITATIONAL	Aerobic Run: 30–40+ Minutes

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