

AUGUST 2024 – ‘Varsity’ Training Outline

: August: 6-7 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 – Marrington / CRN XC Camp Week –	Run & Hill Reps 40-Minute Run 5 x Hill Reps @ ~5k -Lifting Routine-	AM– 50 Minute Run & Lift PM– 35 Minute Run	Easy-Aerobic Run: 50-60 Minutes 4 x 150m Accelerating Sprints	Long Run: 85-90 Minutes	Aerobic Run: 50-60 Minutes 4 x Strides, ~3k-Mile	NESHAMINY ALUMNI RUN (Time Trial– Run– Lift)
4	WEEK 10 5	@ NHS 6	7	@ TYLER 8	9	@ CANAL 10
REST–RECOVERY (Supplementals)	Aerobic Run: 50-60 Minutes 4 x 150m Accelerating Sprints	AM– Workout – Mile – 6-8 x 800m @ LT PM– 30 Minute Run	AM– 50-60 Min. Easy Run PM– 45 Min Cross Train	Long Run: 75-85 Minutes Final 15 Mins– 5 x 30sec Surge	Aerobic Run: 50-60 Minutes 4 x Strides, ~3k-Mile	8 Mile Progression 1-3 Aerobic (~7:30) 4-6 Up-Tempo (~6:30) 6-8 @ LT (~6:00)
11	WEEK 11 12	@ NHS 13	14	@ TYLER 15	16	@ CANAL 17
REST–RECOVERY Official Practice Begins 08/12	AM– 50 Minute Run; 5 x 200 @ 3k-Mile PM– 35 Minute Run	Run & Hill Reps 45-Minute Run 5 x Hill Reps @ ~5k -Lifting Routine-	AM– 50 Minute Run; 2-4 x Strides ~5k PM– 35 Minute Run	Long Run: 85-90 Minutes	AM– 50-60 Min Run PM– 45 Min Cross Train	2 x 5-Mile Progression 7:00–6:40–6:20–6:00 – LT/CV Final Mile (2-Mins Rec.)
18	WEEK 12 19	@ NHS 20	21	@ TYLER 22	23	@ CANAL 24
REST–RECOVERY (Supplementals)	AM– Hybrid Session (LT/CV – 5k-3k) PM– 30 Minute Run	Run & Hill Reps 45-Minute Run 5 x Hill Reps @ ~5k -Lifting Routine-	AM– 50-60 Min. Easy Run PM– 45 Min Cross Train	Long Run: 75-85 Minutes Final 15 Mins– 5 x 30sec Surge	AM– 50-60 Min. Run PM– 45 Min Cross Train	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)	Hybrid Session: – 2 x Mile @ LT – 2 x Mile @ CV – 2 x Mile @ ~Goal 5k – 2 x 400 @ ~3k (1-Min Rec Each Rep)	AM– 50-60 Min. Easy Run PM– 30-40 Min. Run	Long Run: 85-90 Minutes	Aerobic Run: 50-60 Minutes 4 x 400m @ 5k	NESHAMINY XC INVITATIONAL	AM– 50-60 Minute Run PM– 35 Minute Run

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