

JULY 2024 – ‘Varsity’ Training Outline

July: 6 Day Work Weeks
FOUNDATIONAL TRAINING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	WEEK 5 1	@ NHS 2	3	@ TYLER 4	5	@ CANAL 6
REST-RECOVERY (Supplementals)	Aerobic Run: 45-55 Minutes 2-4 x Strides, ~Mile	Run & Hill Reps 35-Minute Run 4 x Hill Reps @ ~5k -Lifting Routine-	Easy-Aerobic Run: 30-40 Minutes	Long Run: 65-70 Minutes Final 15 Mins– 5 x 30sec Surge	Aerobic Run: 45-55 Minutes 2-4 x Strides, ~5k-3k	Fartlek 5 x 3-Min // 2-Min (45 Minutes Total) 4 x 200m @ 5k -Lifting Routine-
7	WEEK 6 8	@ NHS 9	10	@ TYLER 11	12	@ CANAL 13
REST-RECOVERY (Supplementals)	Aerobic Run: 45-55 Minutes 2-4 x Strides, ~Mile	Assessment / Workout – Mile – 6-8 x 800m @ LT -Lifting Routine-	Easy-Aerobic Run: 35-45 Minutes	Long Run: 70-75 Minutes	Aerobic Run: 45-55 Minutes 2-4 x Strides, ~3k	Progression Run 45-Minutes 5 x 200m @ 5k -Lifting Routine-
14	WEEK 7 15	@ NHS 16	17	@ TYLER 18	19	@ CANAL 20
REST-RECOVERY (Supplementals)	Aerobic Run: 50-60 Minutes 4 x 150m Accelerating Sprints	Run & Hill Reps 35-Minute Run 5 x Hill Reps @ ~5k -Lifting Routine-	AM– 50 Min. Easy Run PM– 40 Min Cross Train	Long Run: 75-80 Minutes Final 15 Mins– 5 x 30sec Surge	Aerobic Run: 50-60 Minutes 4 x Strides, ~3k-Mile	Fartlek 6 x 3-Min // 2-Min (50 Minutes Total) 5 x 200m @ 5k -Lifting Routine-
21	WEEK 8 22	@ NHS 23	24	@ TYLER 25	26	@ CANAL 27
REST-RECOVERY (Supplementals)	Run & Hill Reps 40-Minute Run 5 x Hill Reps @ ~5k -Lifting Routine-	AM– 45Minute Run & Lift PM– 35 Minute Run	Easy-Aerobic Run: 45-55 Minutes 4 x 150m Accelerating Sprints	Long Run: 75-85 Minutes	Aerobic Run: 50-60 Minutes 4 x Strides, ~3k-Mile	8 Mile Progression 1-3, Aerobic 4-6, Up-Tempo 6-8 @ LT
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)

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