

# JUNE 2024 – ‘Developmental’ Training Outline

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 26	27	28	29	30	31	June 1
REST-RECOVERY (Supplementals)	EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery	EASY-Aerobic Run: 35-40 Minutes -OR- Rest-Recovery
2	WEEK 1 3	4	5	@ TYLER PARK 6	7	@ CANAL 8
REST-RECOVERY (Supplementals)	Aerobic Run: <b>30-40 Minutes</b> 2-3 x Strides, ~5k	Aerobic Run: <b>30-40 Minutes</b>  <b>-Lifting Routine-</b>	Aerobic Run: <b>30-40 Minutes</b> -OR- Rest-Recovery	“Longer” Run: <b>50-55 Minutes</b>	Aerobic Run: <b>30-40 Minutes</b> 2-3 x Strides, ~5k	Aerobic Run: <b>30-40 Minutes</b> 4 x 200m @ 5k Pace  <b>-Lifting Routine-</b>
9	WEEK 2 10	11	12	@ TYLER PARK 13	14	@ CANAL 15
REST-RECOVERY (Supplementals)	Aerobic Run: <b>35-40 Minutes</b> 2-4 x Strides, ~5k	<b>Run &amp; Hill Reps</b> 30-Minute Run 4 x Hill Reps @ LT-5k  <b>-Lifting Routine-</b>	Aerobic Run: <b>30-40 Minutes</b> -OR- Rest-Recovery	“Longer” Run: <b>50-60 Minutes</b>	Aerobic Run: <b>30-40 Minutes</b> 2-4 x Strides, ~5k	Aerobic Run: <b>35-40 Minutes</b> 4 x 200m @ 5k Pace  <b>-Lifting Routine-</b>
16	WEEK 3 17	18	19	@ TYLER PARK 20	21	@ CANAL 22
REST-RECOVERY (Supplementals)	Aerobic Run: <b>40-50 Minutes</b> 2-4 x Strides, ~5k-3k	<b>Fartlek</b> 5 x 3-Min // 2-Min (45 Minutes Total)  <b>-Lifting Routine-</b>	Aerobic Run: <b>30-40 Minutes</b> -OR- Rest-Recovery	“Longer” Run: <b>55-65 Minutes</b>	Aerobic Run: <b>35-45 Minutes</b> 2-4 x Strides, ~5k-3k	Aerobic Run: <b>40-45 Minutes</b> 4 x 200m @ ~Mile  <b>-Lifting Routine-</b>
23	WEEK 4 24	@ NHS 25	26	@ TYLER PARK 27	28	@ CANAL 29
REST-RECOVERY (Supplementals)	Aerobic Run: <b>40-50 Minutes</b> 2-4 x Strides, ~5k-3k	<b>Run &amp; Hill Reps</b> 35-Minute Run 4 x Hill Reps @ LT-5k  <b>-Lifting Routine-</b>	Aerobic Run: <b>30-40 Minutes</b> -OR- Rest-Recovery	“Longer” Run: <b>55-65 Minutes</b>  Final 15 Mins– 5 x 30sec Surge	Aerobic Run: <b>35-45 Minutes</b> 2-4 x Strides, ~Mile	<b>Progression Run</b> <b>40-Minutes Total</b> 4 x 200m @ 5k-3k  <b>-Lifting Routine-</b>

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