

# June 2025

| Monday                                                            | Tuesday                                                                                                     | Wednesday                                                         | Thursday                                                                                                      | Friday                                                            | Saturday                                                           | Sunday  |
|-------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------------------|---------|
| 15-25 min easy pace<br>Core: 3x10 push ups<br>3x30 second planks  | Stretching and Dynamics Introduction (followed with 15 minute team bonding run and 4x100m barefoot strides) | 18-28 min easy pace<br>Core: 3x10 push ups<br>3x30 second planks  | 15-20 Minute Fartlek Run (1 minute on, 1 minute off for beginners/ 2 minutes on, 1 minute off for returners). | 20-30 min easy pace<br>Core: 3x10 push ups<br>3x30 second planks  | 1.5-3 miles easy pace<br>Core: 3x10 push ups<br>3x30 second planks | OFF DAY |
|                                                                   | Legs: 3x10 Lunges/3x10 BW Squats/3x15 Calf Raises                                                           |                                                                   | Legs: 3x10 Lunges/3x10 BW Squats/3x15 Calf Raises                                                             |                                                                   |                                                                    |         |
| 25-30 mins easy pace<br>Core: 3x12 push ups<br>3x45 second planks | 10 minute warm-up/3-5 400m Hill repeats/4x100m barefoot stride/10 minute cool down                          | 28-35 mins easy pace<br>Core: 3x12 push ups<br>3x45 second planks | 10 minute warm up/4x400m with 400m active recovery /10 minute cool down                                       | 30-40 mins easy pace<br>Core: 3x12 push ups<br>3x45 second planks | 2-4 miles easy pace<br>Core: 3x12 push ups<br>3x45 second planks   | OFF DAY |
|                                                                   | Legs: 3x10 Lunges/3x10 BW Squats/3x15 Calf Raises                                                           |                                                                   | Legs: 3x10 Lunges/3x10 BW Squats/3x15 Calf Raises                                                             |                                                                   |                                                                    |         |
| 30 mins easy pace<br>Core: 3x16 push ups<br>3x60 second planks    | 10 minute warm up/1 mile @ 6-7 intensity/6x100m strides/10 minute cool down                                 | 35-40 mins easy pace<br>Core: 3x16 push ups<br>3x60 second planks | 10 minute warm up/200(200 recovery)-400 (400 recovery)-800 (800 recovery)-1600m/10 minute cool down           | 40-45 mins easy pace<br>Core: 3x16 push ups<br>3x60 second planks | 3-4.5 miles easy pace<br>Core: 3x16 push ups<br>3x60 second planks | OFF DAY |
|                                                                   | Legs: 3x10 Lunges/3x10 BW Squats/3x15 Calf Raises                                                           |                                                                   | Legs: 3x10 Lunges/3x10 BW Squats/3x15 Calf Raises                                                             |                                                                   |                                                                    |         |
| 30 mins easy pace<br>Core: 3x12 push ups<br>3x75 second planks    | 10 minute warm up/8x200m/10 minute cool down                                                                | 40-45 mins easy pace<br>Core: 3x12 push ups<br>3x75 second planks | 2 mile tempo/time trial on course (or track) to see where runners are in their fitness.                       | 45-50 mins easy pace<br>Core: 3x12 push ups<br>3x75 second planks | 3-5 miles easy pace<br>Core: 3x12 push ups<br>3x75 second planks   | OFF DAY |

|  |                                                         |  |       |  |  |  |
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|  | Legs: 3x10 Lunges/3x10<br>BW Squats/3x15 Calf<br>Raises |  | yoga? |  |  |  |
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# July 2025

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| 30-40 mins<br>conversational pace<br>Core: 20 secs/rep | Cross Training<br>Workout                                                        | 3-4 miles moderate<br>pace w/hills<br>Core: 20 secs/rep | Cross Training<br>Workout                             | 40 mins easy pace<br>Core: 20 secs/rep                                            | 45-60 mins easy<br>pace<br>Core: 20 secs/rep           | OFF DAY |
|                                                        |                                                                                  |                                                         |                                                       |                                                                                   |                                                        |         |
| 35-40 mins<br>easy/moderate pace<br>Core: 25 secs/rep  | Workout @ MCHS<br>Track or Cross<br>Training                                     | 3-4 miles moderate<br>pace<br>Core: 25 secs/rep         | Workout @ MCHS<br>Track or Cross<br>Training          | 40 mins easy pace<br>w/hills<br>Core: 25 secs/rep                                 | 50 mins moderate<br>pace long run<br>Core: 25 secs/rep | OFF DAY |
|                                                        |                                                                                  |                                                         |                                                       |                                                                                   |                                                        |         |
| 30 mins easy pace<br>Core: 30 secs/rep                 | Workout @ MCHS<br>Track or Cross<br>Training                                     | 15 min tempo run ,<br>mile warm up & cool<br>down       | Workout @ MCHS<br>Track or Cross<br>Training          | 40-45 mins easy<br>pace<br>Core: 30 secs/rep                                      | 55 mins easy pace<br>long run<br>Core: 30 secs/rep     | OFF DAY |
|                                                        |                                                                                  |                                                         |                                                       |                                                                                   |                                                        |         |
| 30 mins easy pace<br>w/hills<br>Core: 35 secs/rep      | Workout @ MCHS<br>Track or Cross<br>Training                                     | 15 min tempo run,<br>mile warm up & cool<br>down        | Workout @ MCHS<br>Track or Cross<br>Training          | 40-45 mins easy<br>pace w/hills<br>Core: 35 secs/rep                              | 60 mins easy pace<br>long run<br>Core: 35 secs/rep     | OFF DAY |
|                                                        |                                                                                  |                                                         |                                                       |                                                                                   |                                                        |         |
| <u>Fartlek Workout 4x2<br/>min hard. 2 min easy</u>    | 30 mins easy pace<br>w/hills<br>Core: 40 secs/rep                                | 20 min tempo run,<br>mile warm up & cool<br>down        | 40 mins moderate<br>pace w/hills<br>Core: 40 secs/rep | <u>Hills Workout<br/>6x400m hill repeats<br/>mile warm up &amp; cool<br/>down</u> | 4-6 miles easy pace<br>Core: 40 secs/rep               | OFF DAY |
|                                                        |                                                                                  |                                                         |                                                       |                                                                                   |                                                        |         |
|                                                        | July Core: planks, leg raises, crunches, supermans, bicycles, toe taps, push ups |                                                         |                                                       |                                                                                   |                                                        |         |