

June 2026

This schedule goes from 6/8 until 7/5.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15-25 min easy pace Core: 3x10 push ups 3x30 second planks	Stretching and Dynamics Introduction (followed with 15 minute team bonding run and 4x100m barefoot strides)	18-28 min easy pace Core: 3x10 push ups 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 Core: 3x10 push ups 3x30 second planks	1.5-3 miles easy pace Core: 3x10 push ups 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 Core: 3x12 push ups 3x45 second planks	10 minute warm-up/3-5 400m Hill repeats/4x100m barefoot stride/10 minute cool down	28-35 mins easy pace Core: 3x12 push ups 3x45 second planks	10 minute warm up/4x400m with 400m active recovery /10 minute cool down	30-40 mins easy pace Core: 3x12 push ups 3x45 second planks	2-4 miles easy pace Core: 3x12 push ups 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 Core: 3x16 push ups 3x60 second planks	10 minute warm up/1 mile @ 6-7 intensity/6x100m strides/10 minute cool down	35-40 mins easy pace Core: 3x16 push ups 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 Core: 3x16 push ups 3x60 second planks	3-4.5 miles easy pace Core: 3x16 push ups 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 Core: 3x12 push ups 3x75 second planks	2 mile tempo/time trial on course (or track) to see where runners are in their fitness	40-45 mins easy pace Core: 3x12 push ups 3x75 second planks	10 minute warm up/8x200m/10 minute cool down	45-50 mins easy pace Core: 3x12 push ups 3x75 second planks	3-5 miles easy pace Core: 3x12 push ups 3x75 second planks	OFF DAY

	Legs: 3x10 Lunges/3x10 BW Squats/3x15 Calf Raises					
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July 2026

This schedule goes from 7/6 until 8/9.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30-40 mins conversational pace Core: 20 secs/rep	Cross Training Workout	3-4 miles moderate pace w/hills Core: 20 secs/rep	Cross Training Workout	40 mins easy pace Core: 20 secs/rep	45-60 mins easy pace Core: 20 secs/rep	OFF DAY
35-40 mins easy/moderate pace Core: 25 secs/rep	Workout @ MCHS Track or Cross Training	3-4 miles moderate pace Core: 25 secs/rep	Workout @ MCHS Track or Cross Training	40 mins easy pace w/hills Core: 25 secs/rep	50 mins moderate pace long run Core: 25 secs/rep	OFF DAY
30 mins easy pace Core: 30 secs/rep	Workout @ MCHS Track or Cross Training	15 min tempo run , mile warm up & cool down	Workout @ MCHS Track or Cross Training	40-45 mins easy pace Core: 30 secs/rep	55 mins easy pace long run Core: 30 secs/rep	OFF DAY
30 mins easy pace w/hills Core: 35 secs/rep	Workout @ MCHS Track or Cross Training	15 min tempo run, mile warm up & cool down	Workout @ MCHS Track or Cross Training	40-45 mins easy pace w/hills Core: 35 secs/rep	60 mins easy pace long run Core: 35 secs/rep	OFF DAY
<u>Fartlek Workout 4x2 min hard, 2 min easy</u>	30 mins easy pace w/hills Core: 40 secs/rep	20 min tempo run, mile warm up & cool down	40 mins moderate pace w/hills Core: 40 secs/rep	<u>Hills Workout</u> <u>6x400m hill repeats</u> <u>mile warm up & cool</u> <u>down</u>	4-6 miles easy pace Core: 40 secs/rep	OFF DAY
	July Core: planks, leg raises, crunches, supermans, bicycles, toe taps, push ups					