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| New Runner June Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/31 – 6/6 | 20 min | OFF | 25 min | OFF | 20 min | 30 min | OFF | 95 min |
|   |   |   |   |   |   |   |   |   |
| 6/7 – 6/13 | 20 min | 20 min | OFF | 20 min | 20 min | 30 min | OFF | 110 min |
|   |   |   |   |   |   |   |   |   |
| 6/14 – 6/20 | 20 min | 20 min | 20 min | OFF | 20 min | 30 min | OFF | 110 min |
|   |   |   |   |   |   |   |   |   |
| 6/21 – 6/27 | 20 min | 25 min | 20 min | OFF | 25 min | 35 min | OFF | 125 min |
|  |  |  |  |  |  |  |  |  |

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| New Runner July Training |
| Week: | Monday | Tuesday (core) | Wednesday  | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/28 – 7/4 | OFF | 20 min | 25 min | 20 min | OFF | 30 min | OFF | 95 min |
|   |   |   |   |   |   |   |   |   |
| 7/5 – 7/11 | 20 min | 25 min | 20 min | 25 min | 20 min | 35 min | OFF | 145 min |
|   |   |   |   |   |   |   |   |   |
| 7/12 – 7/18 | 20 min | 30 min | 20 min | 20 min | 20 min | 35 min | OFF | 145 min |
|   |   |   |   |   |   |   |   |   |
| 7/19 – 7/25 | 25 min | 30 min | 20 min | 30 min | 20 min | 40 min | OFF | 165 min |
|   |   |   |   |   |   |   |   |   |
| 7/26 – 8/1 | 25 min | 30 min | 25 min | 30 min | 20 min | 40 min | OFF | 170 min |
|  |  |  |  |  |  |  |  |  |