|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| New Runner June Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 5/30 – 6/5 | 20min | 20min | 20min | OFF | 20min | 30min | OFF | 110min |
|  |  |  |  |  |  |  |  |  |
| 6/6 – 6/12 | 20min | 25min | OFF | 25min | 20min | 35min | OFF | 125min |
|  |  |  |  |  |  |  |  |  |
| 6/13 – 6/19 | 20min | 25min | 20min | 20min | 20min | 35min | OFF | 140min |
|  |  |  |  |  |  |  |  |  |
| 6/20 – 6/26 | 25min | 25min | 20min | 25min | 25min | 35min | OFF | 155min |
|  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| New Runner July Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/27 – 7/3 | 25min | 20min | 25min | 25min | 20min | 40min | OFF | 155min |
|  |  |  |  |  |  |  |  |  |
| 7/4 – 7/10 | OFF | 25min | 25min | 25min | 25min | 40min | OFF | 140min |
|  |  |  |  |  |  |  |  |  |
| 7/11 – 7/17 | 25min | 30min | 25min | 25min | 20min | 40min | OFF | 165min |
|  |  |  |  |  |  |  |  |  |
| 7/18 – 7/24 | 25min | 35min | 25min | 30min | 20min | 45min | OFF | 180min |
|  |  |  |  |  |  |  |  |  |
| 7/25 – 7/31 | 30min | 35min | 30min | 35min | 25min | 45min | OFF | 200min |
|  |  |  |  |  |  |  |  |  |