|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| New Runner June Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 6/5 – 6/11 | 20min | 25min | OFF | 25min | 20min | 35min | OFF | 125min |
|  |  |  |  |  |  |  |  |  |
| 6/12 – 6/18 | 20min | 25min | 20min | 20min | 20min | 35min | OFF | 140min |
|  |  |  |  |  |  |  |  |  |
| 6/19 – 6/25 | 25min | 25min | 20min | 25min | 25min | 35min | OFF | 155min |
|  |  |  |  |  |  |  |  |  |
| 6/26 – 7/2 | 25min | 20min | 25min | 25min | 20min | 40min | OFF | 155min |
|  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| New Runner July Training | | | | | | | | |
| Week: | Monday | Tuesday (core) | Wednesday | Thursday (core) | Friday | Saturday | Sunday | Weekly Total |
| 7/3 – 7/9 | 25min | OFF | 25min | 25min | 25min | 40min | OFF | 140min |
|  |  |  |  |  |  |  |  |  |
| 7/10 – 7/16 | 25min | 30min | 25min | 25min | 20min | 40min | OFF | 165min |
|  |  |  |  |  |  |  |  |  |
| 7/17 – 7/23 | 25min | 35min | 25min | 30min | 20min | 45min | OFF | 180min |
|  |  |  |  |  |  |  |  |  |
| 7/24 – 7/30 | 30min | 35min | 30min | 35min | 25min | 45min | OFF | 200min |
|  |  |  |  |  |  |  |  |  |