



Aerobic Training: Weeks 1-4 July 9 – August 3, 2018

**Mondays
Interval Training**

Warm-Up:

10:00 Run Specific & Prehab

Conditioning:

Week 1- 7x 400m Run Intervals

Week 2- 8x 400m Run Intervals

Week 3- 9x 400m Run Intervals

Parameters

-2:1 Work:Rest Ratio

-Intensity: 7-9/10

-Low-impact and scaled options can be provided.

Week 4 Deload

5x 400m Run 10/10 Intensity

Walk 400m for Full Recovery

Accessory Work:

Focus on Trunk

Flexibility work

**Wednesdays
Long, Slow Distance Training**

Warm-Up:

10:00 Run Specific & Prehab

Conditioning:

Week 1- Run 40:00 for Distance

Week 2- Run 45:00 for Distance

Week 3- Run 50:00 for Distance

Parameters

-Increase distance each week.

-Run at a slightly uncomfortable pace.

-Low-impact and scaled options can be provided.

Week 4 Deload

Run half the distance of Week 3 at an uncomfortable pace.

Flexibility/Myofascial Release:

Lower body & Trunk

2-3 Sets x :30-:60 each muscle group

**Fridays
Ruck Training**

Warm-Up:

Mobilize thoracic spine & trunk
Dynamic w/u for hips & legs

Conditioning:

Week 1- Ruck for 35:00

Week 2- Ruck for 40:00, add 5#

Week 3- Ruck for 45:00, add 5#

Parameters

-Increase distance each week.

-Move at a solid walking pace.

-Wear a weighted vest/ruck you can add/remove weight to.

-Periodic exercises may be added during ruck.

Week 4 Deload

Ruck for 30:00 with original weight.

Flexibility/Myofascial Release:

Lower body & Trunk

2-3 Sets x :30-:60 each muscle group