

JUNE 2025

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|---|-------------------------------------|--|---|--|-----------|
| 2 25-30 min EASY Core | 3 OFF | 4 30- 35 min EASY Core | 5 OFF | 6 35 min X-Train Bike, Swim, Etc. | 7 35-45 min EASY Stretch | 8 OFF |
| 9 25-30 min EASY Core | 10 6am USA Alternative- 25 min run plus Strength | 11 OFF | 12 30-35 min EASY 4 x strides Core | 13 6am SHSC AM-Alt.X-Train PM- **Optional** 2-3 miles Easy | 14 35-45 min EASY Stretch | 15 OFF |
| 16 30-35 min EASY Core | 17 6am USA Alternative- 30 min run plus Strength | 18 OFF | 19 35-40 min EASY 4 x strides Strength | 20 6am SHSC AM-Alt. X-Train PM- **Optional** 2-3 miles Easy | 21 40-50 min EASY Stretch | 22 OFF |
| 23 30-35 min EASY Core | 24 6am USA Alt- 30 min run w/u 5min pickup pace for 30sec every 3 min- Strength | 25 OFF | 26 Team Practice- location TBA- 6am short run and Strength | 27 6am SHSC AM-Alt. X-Train PM- **Optional** 2-3 miles Easy | 28 40-45 min EASY (if feeling good throw in 15-20 sec surges in middle of run) Stretch | 29 OFF |
| 30 | NOTES | | | | | |
| 30-40 min EASY Core | Alternative(Alt.)- If you can't make practice, this is your training for the day. We really want you at practice if you can!! Core and Strength- see handouts(all circuits will be posted on GroupMe and mctspikes.org) Easy pace- you should be able to hold a conversation throughout. Goal- be able to run entire time. If you are new- you may have to build up to this and that is okay! Veteran runners- we are base building and working on conditioning. Get the miles in so we are ready to work hard during season!** | | | | | |