

Week #2

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
August 30	S	10:00am Canmore Park	Activation Exercises	Progressive Tempo Run D-E-F-G / 45-60' C-D-E-F / 40-55' B-C-D-E / 40-50'	Mobility #2 Line Tempo – 2-2-2-2-2 Circuit	Stretch 6 muscle groups Around knee	
31	M	On Own	Activation Exercises	Medium CR D-E-F-G / 45-60' C-D-E-F / 40-55' B-C-D-E / 40-50'	Core (5-15')	Stretch 6 muscle groups Around knee	
September 1	T	Canmore Park 4:30pm	Activation Exercises	Medium CR D-E-F-G / 45-60' C-D-E-F / 40-55' B-C-D-E / 40-50'	Mobility #1 Strides Circuit	10-20' jog Stretch 6 muscle groups Around knee	
2	W	On own	Activation Exercises	Short CR D-E-F-G / 30-45' C-D-E-F / 30-40' B-C-D-E / 30-35'	Lower Leg (5-15')	Stretch 6 muscle groups Around knee	
3	R	Canmore Park 4:30pm	Activation Exercises	Medium CR D-E-F-G / 45-60' C-D-E-F / 40-55' B-C-D-E / 40-50' Campus loop	Mobility #2 Sprint Hills Circuit	5-10' jog Stretch 6 muscle groups Around knee	
4	F	On Own	Activation Exercises	Long CR D-E-F-G / 75-90' C-D-E-F / 60-75' B-C-D-E / 45-60'	Core (5-15')	Stretch 6 muscle groups Around knee	
5	S			Rest or Short recovery run or Hike			