

Week #3

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
September 6	S	10:00am Canmore Park	Activation Exercises	Progressive Tempo Run D-E-F-G / 50-60' C-D-E-F / 50-60' B-C-D-E / 45-55'	Mobility #2 Line Tempo 2-1-2-1-2-1-2 Sunday Circuit	10-10' jog Stretch 6 muscle groups Around knee	
7	M	On Own	Activation Exercises	Medium CR D-E-F-G / 45-60' C-D-E-F / 40-60' B-C-D-E / 35-55'	Core (5-15')	Stretch 6 muscle groups Around knee	
8	T	Canmore Park 4:30pm	Activation Exercises	Medium CR D-E-F-G / 50-70' C-D-E-F / 50-60' B-C-D-E / 45-55'	Mobility #1 Sprint Hills Circuit	10-20' jog Stretch 6 muscle groups Around knee	
9	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	
10	R	Canmore Park 4:30pm	Activation Exercises	Medium CR D-E-F-G / 50-70' C-D-E-F / 50-60' B-C-D-E / 45-55'	Mobility #2 Sprint Hills Circuit	10-10' jog Stretch 6 muscle groups Around knee	
11	F	On Own	Activation Exercises	Long CR D-E-F-G / 75-90' C-D-E-F / 70-90' B-C-D-E / 70-90'	Core (5-15')	Stretch 6 muscle groups Around knee	
12	S			Rest or Short recovery run or Hike AA race #1 – if doing this race this replaces the Sunday workout			