

Week #4

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
September 13	S	10:00am Canmore Park	10-20' Warmup Mobility Skips	Tempo Run – 15-20'	Mobility #2 Line Tempo 3-2-1-3-2-1 Sunday Circuit	Stretch 6 muscle groups Around knee	
14	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	
15	T	4:30pm Canmore Park	10-20' Warmup Mobility #1	3-6 x perimeter loop / 1-2' rest	Circuit + 3x 50m Sprint	10-20' jog Stretch 6 muscle groups Around knee	
16	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	
17	R	4:30pm Canmore Park	10-20' Warmup Mobility #2	Sprint Hills 3 set (3-4xhill / tempo 5-10' / Circuit)		10-20' jog Stretch 6 muscle groups Around knee	
18	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	
19	S			Rest or Short recovery run or Hike			