

Week #9

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
October 18	S	10:00am Canmore Park	10-20' Warmup Mobility #2	Cruise Intervals	Line Tempo 1-2-3-2-3-2-1 Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
19	M	On Own	Activation Exercises	Medium CR D-E-F-G / 40-75' C-D-E-F / 40-60' B-C-D-E / 30-60'	Core (5-15')	Stretch 6 muscle groups Around knee	
20	T	4:30pm Canmore Park or St Mary's Univ. 14500 Bannister Road SE	10-20' Warmup Mobility #1	M Loops 6-10x / Rest 2' Or 4-10 x 1000m / 2' rest	3 (3x50-60m sprint) Circuit	10-20' jog Stretch 6 muscle groups Around knee	
21	W	On own	Activation Exercises	Short CR D-E-F-G / 30-60' C-D-E-F / 30-40' B-C-D-E / 30-40'	Lower Leg (5-15')	Stretch 6 muscle groups Around knee	
22	R	Canmore Park 4:30pm	10-20' Warmup Mobility #2	L Loops (~1000m) Women/HS – 4-8 x Men – 5-10 x 1 – 2' jog back start Or If Racing -TBD talk to coaches	Circuit/plyo	10-20' jog Stretch 6 muscle groups Around knee	
23	F	On Own	Activation Exercises	Long CR D-E-F-G / 75-120' C-D-E-F / 70-90' B-C-D-E / 70-90' Or Warm up if racing	Core (5-15')	Stretch 6 muscle groups Around knee	
24	S			Rest or Short recovery run or Hike Or Race			