

Week #1

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
August 23	S	On own	Activation Exercises	Medium Continuous Run D-E-F-G / 30-50' C-D-E-F / 30-50' B-C-D-E / 30-35'	Core (5-15')	Stretch 6 muscle groups Around knee	
24	M	On own	Activation Exercises	Medium Continuous Run D-E-F-G / 30-50' C-D-E-F / 30-50' B-C-D-E / 30-35'	Core (5-15')	Stretch 6 muscle groups Around knee	
25	T	4:30pm Canmore Park	Activation Exercises	Medium Continuous Run D-E-F-G / 30-50' C-D-E-F / 30-50' B-C-D-E / 30-35' Out and Back on Confederation Trail	Mobility #1 Strides Circuit	10-20' jog Stretch 6 muscle groups Around knee	
26	W	On own	Activation Exercises	Short Continuous Run D-E-F-G / 30-45' C-D-E-F / 30-35' B-C-D-E / 30-35'	Core (5-15')	Stretch 6 muscle groups Around knee	
27	R	4:30pm Canmore Park	Activation Exercises	Medium Continuous Run D-E-F-G / 30-50' C-D-E-F / 30-50' B-C-D-E / 30-35' Campus loop	Mobility #2 Sprint Hills Circuit	5-10' jog Stretch 6 muscle groups Around knee	
28	F	On Own	Activation Exercises	Long Continuous Run 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	
29	S			Rest or Short recovery run or Hike			