

Week #5

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
September 20	S	10:00am Foothills Track	Competition Warmup	15' Time Trial	Line Tempo 2-2-2-2-2 Sunday circuit	Stretch 6 muscle groups Around knee	
21	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	
22	T	Canmore Park 4:30pm	10-20' Warmup Mobility #1	L Loops (~1000m) 1 – 2' jog back start	3 (3x50-60m sprint) Circuit	10-20' jog Stretch 6 muscle groups Around knee	
23	W	On own	10-20' Warmup Mobility #2	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	
24	R	Canmore Park 4:30pm	Activation Exercises	Sprint Hills 3 set (4-5xhill / Circuit / tempo 5-10') Or 3 set (4-5xhill / 4xstrides / Circuit)		10-20' jog Stretch 6 muscle groups Around knee	
25	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	
26	S			RACE or Rest or Short recovery run or Hike			