

Week #6

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
September 27	S	10:00am Canmore Park	10-20' Warmup Mobility #2	Tempo Run – 20-25'	Line Tempo 1-2-3-2-3-2-1 Sunday Circuit	Stretch 6 muscle groups Around knee	
28	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	
29	T	Canmore Park 4:30pm	10-20' Warmup Mobility #1	Stewart cup loop (2000m) 3-5 x 1 – 2' walk/jog	3 (3x50-60m sprint) Circuit	10-20' jog Stretch 6 muscle groups Around knee	
30	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	
October 1	R	Canmore Park 4:30pm	10-20' Warmup Mobility #2	M Loops 6-12 x 1-2 rest	Circuit	10-20' jog Stretch 6 muscle groups Around knee	
2	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'	Core (5-15')	Stretch 6 muscle groups Around knee	
3	S			Rest or Short recovery run or Hike			