

Week #11

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
November 1 Daylight Savings Fall Back 1 hr	S	10:00am Canmore Park	10-20' Warmup Mobility #2	15-25' Tempo	Line Tempo 8 x 1 Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
2	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	
3	T	4:00pm Canmore Park	10-20' Warmup Mobility #1	Long Interval Racing – about 50-60% volume	3 (3x50-60m sprint) Circuit	10-20' jog Stretch 6 muscle groups Around knee	
4	W	On own	Activation Exercises	Short CR or REST 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	
5	R	4:00pm Canmore Park	10-20' Warmup Mobility #2	Long Interval Racing – about 30-40% volume	Circuit/plyo	10-20' jog Stretch 6 muscle groups Around knee	
6	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	
7	S			Rest or Short recovery run or Hike Or Race			