

Week #7

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
October 4	S	10:00am Nose Hill Shaganappi Parking lot	10-20' Warmup Mobility #2	Tempo Run – 25-30'	Line Tempo 1-2-1-2-1-2-1-2-1  Sunday Circuit	Stretch 6 muscle groups Around knee	
5	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	
6	T	Canmore Park 4:30pm	10-20' Warmup Mobility #1	L Loops (~1000m) Women/HS – 4-8 x Men – 5-10 x 1 – 2' jog back start	3 (3x50-60m sprint) Circuit	10-20' jog Stretch 6 muscle groups Around knee	
7	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	
8	R	Canmore Park 4:30pm	10-20' Warmup Mobility #2	Sprint Hills 3 set (4-5xhill / Circuit / tempo/Recovery 5-10') Or 3 set (4-5xhill / Circuit / 4xstrides)  Or If Racing -TBD talk to coaches		10-20' jog Stretch  6 muscle groups Around knee	
9	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	
10	S			Rest or Short recovery run or Hike Or Race			