

Week #8

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
October 11	S	10:00am Canmore Park	10-20' Warmup Mobility #2	Tempo Run – 20-25'  Or Medium to Long run if raced on Saturday	Line Tempo 1-2-3-2-3-2-1  Sunday Circuit	10-20' jog Stretch  6 muscle groups Around knee	
12	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	
13	T	Canmore Park 4:30pm	10-20' Warmup Mobility #1	3-7 x perimeter loop (~1700m) / 1-2' rest	3 (3x50-60m sprint) Circuit	10-20' jog Stretch  6 muscle groups Around knee	
14	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	
15	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)		10-20' jog Stretch  6 muscle groups Around knee	
16	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	
17	S			Rest or Short recovery run or Hike			