

**Week #15**

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
November 29 <b>OPTIONAL</b> PM Run 20-30'	S	On you own	10-20' Warmup Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
30	M	On you 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	
December 1 <b>OPTIONAL</b> AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>3000m/5000m pace</b> 4-8 x 1000m with 2-3' jog recovery Or 4-8 x 3-5' with 2-3' jog recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
2	W	On you 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	
3 <b>OPTIONAL</b> AM run 20-30'	R	On you own	10-20' Warmup Mobility #2	<b>1500m pace</b> 8-10 x 400m with 200m jog Or 8-10 x 60-80" with 90" jog	Circuit/plyo	10-20' cool down Stretch 6 muscle groups Around knee	
4	F	On you 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	
5	S			Rest or Short recovery run or Hike			

**Week #16**

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
December 6 OPTIONAL PM Run 20-30'	S	On you own	10-20' Warmup Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
7	M	On you 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	
8 OPTIONAL AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>800m pace</b> 3 sets (4x200m) / 60" rest / 5' between sets Or (6-10 x 30"fast/90"easy)(3-5 x 1'uptempo/1'easy)	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
9	W	On you 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	
10 OPTIONAL AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>3000m/5000m pace</b> 4-8 x 1000m with 2-3' jog recovery Or 4-8 x 3-5' with 2-3' jog recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
11	F	On you 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	
12	S			Rest or Short recovery run or Hike			

**Week #17**

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
December 13 OPTIONAL PM Run 20-30'	S	On you own	10-20' Warmup Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
14	M	On you 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	
15 OPTIONAL AM run 20-30'	R	On you own	10-20' Warmup Mobility #2	<b>1500m pace</b> 8-10 x 400m with 200m jog Or 8-10 x 60-80" with 90" jog	Circuit/plyo	10-20' cool down Stretch 6 muscle groups Around knee	
16	W	On you 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	
17 OPTIONAL AM run 20-30'	T	On you own	10-20' Warmup Mobility #1	<b>800m pace</b> 3 sets (4x200m) / 60" rest / 5' between sets Or (6-10 x 30"fast/90"easy)(3-5 x 1'uptempo/1'easy)	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
18	F	On you 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	
19	S			Rest or Short recovery run or Hike			