

Week #18

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
December 20 OPTIONAL PM Run 20-30'	S	On you own	10-20' Warmup Mobility #1	Tempo Run 15-25'	Line Tempo 2-2-2-2-2 Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
21	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	
22 OPTIONAL AM run 20-30'	R	On you own	10-20' Warmup	1500m pace 8-10 x 400m with 200m jog Or 8-10 x 60-80" with 90" jog	Mobility #2 Circuit/plyo	Stretch 6 muscle groups Around knee	
23	W	On you own	Activation Exercises	Dec 23 to Dec 26: 1x Short Run 1x Medium Run 1x Long Run 1x Rest Day Short CR / Medium Run / Long Run D-E-F-G / 30-60' / 40-75' / 75-120' C-D-E-F / 30-40' / 40-60' / 70-90' B-C-D-E / 30-40' / 30-60' / 70-90'	Mobility #1 or #2 Lower Leg (5-15') or Circuit	Stretch 6 muscle groups Around knee	
24	T						
25	F						
26	S						

Week #19

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
December 27 OPTIONAL PM Run 20-30'	S	On you own	10-20' Warmup Mobility #1	Tempo Run 20-25' Tempo run	Line Tempo 3-2-1-3-2-1 Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
28	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	
29 OPTIONAL AM run 20-30'	R	On you own	10-20' Mobility #2 Warmup	800m pace 3 sets (4x200m) / 60" rest / 5' between sets Or (6-10 x 30"fast/90"easy)(3-5 x 1'uptempo/1'easy)	Circuit/plyo	Stretch 6 muscle groups Around knee	
30	W	On you own	Activation Exercises	Dec 30 to Jan 2: 1x Short Run 1x Fartlek: 5-10wu / 4-6 x 3'fast/2'easy / 5-10wd 1x Long Run 1x Rest Day Short CR / Medium Run / Long Run D-E-F-G / 30-60' / 40-75' / 75-120' C-D-E-F / 30-40' / 40-60' / 70-90' B-C-D-E / 30-40' / 30-60' / 70-90'	Mobility #1 or #2 Lower Leg (5-15') or Circuit	Stretch 6 muscle groups Around knee	
31	T						
January 1	F						
January 2	S						