

Week #23

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
January 24	S	11:00am U of C, Lot 10	10-20' Activation Warmup run Mobility #2	Tempo Run 15-25'	Line Tempo 5-10 x 100m Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
OPTIONAL PM Run 20-30'							
25	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	
26	T	On you own	10-20' Activation Warmup run Mobility #1	3000m/5000m pace Winter Loop: 6-12 x 600m with 90"-2' jog recovery Or 4-10 x 4-5' with 90"-2' jog recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
27	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	
28	R	On you own	10-20' Activation Warmup run Mobility #2	800m pace Sprint Hills 3 sets (4-5xHill-20-30") / jog down 4-5 80-100m strides or 8-10 tempo recovery run Or 3 sets (4-5x200m) / 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
29	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	
30	S			Rest or Short recovery run or Hike			