

Week #30

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
March 14	S	11:00am U of C, Lot 10 On your own	10-20' Activation Warmup run Mobility #2	Tempo Run 15-30'	Line Tempo 1-2-3-1-3-1-3-2-1 Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
OPTIONAL PM Run 20-30'							
15	M	On your 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	
16	T	4:30pm Canmore Park	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'							
17	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	
18	R	4:30pm Canmore Park	10-20' Activation Warmup run Mobility #2	800-1500m pace Sprint Hills 4 sets (4-5xHill-20-30") / jog down 4-5 80-100m strides or 8-10' tempo recovery run Or 2 sets (5x300m) / 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
19	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	
20	S			Rest or Short recovery run or Hike			