

Week #34

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
April 11	S	10:30am-Women 11:00am-Men  South Calgary Park	10-20' Activation Warmup run Mobility #2	Tempo Run over hill route 15-30'	Line Tempo 3-5 x 150m acceleration  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
12	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	
13	T	Time - TBD Foothills Track	10-20' Activation Warmup run Mobility #1	<b>1500 pace</b> 10-15 x 300m 60" jog recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
14	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	
15	R	Time - TBD Foothills Track	10-20' Activation Warmup run Mobility #2	<b>800m pace</b> 3 sets (4x200m) 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
16	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	
17	S			Rest or Short recovery run or Hike			