

Week #35

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
April 18	S	10:00am Foothills Track	10-20' Activation Warmup run Mobility #2	3000m/5000m pace 5-10 x 600m / 90' rest	Line Tempo 3-5 x 150m acceleration Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
19	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	
20	T	5:00pm Foothills Track	10-20' Activation Warmup run Mobility #1	800m pace 3 sets (4x200m) 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
21	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	
22	R	5:00pm Foothills Track	10-20' Activation Warmup run Mobility #2	Tempo Run 3-5 x 120m fast relaxed	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
23	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	
24	S			Rest or Short recovery run or Hike			