

Week #36

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
April 25	S	10:00am Foothills Track	10-20' Activation Warmup run Mobility #2	Tempo Run	3-5 x 120m fast relaxed  Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
OPTIONAL PM Run 20-30'							
26	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	
27	T	5:00pm Foothills Track	10-20' Activation Warmup run Mobility #1	<b>800m pace</b> 2-3 sets (3x300m) 90" rest / 8-12' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
28	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	
29	R	5:00pm Foothills Track	10-20' Activation Warmup run Mobility #2	<b>3000m/5000m pace</b> 4-8 x 800m / 2' rest	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
30	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	
May 1	S			Rest or Short recovery run or Hike			