

Week #33

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
April 4	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	
5	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	
6	T	4:30pm Canmore Park	10-20' Activation Warmup run Mobility #1	<b>5000m/10000 pace</b> L Loops: 4-10x 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	
7	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	
8	R	4:30pm Canmore Park	10-20' Activation Warmup run Mobility #2	<b>800-1500m pace</b> <b>Sprint/Bound Hills</b> 3 sets (run-bound-run-bound-run) / jog down 4-5 80-100m strides or 8-10' tempo recovery run Or 800m pace 3 sets (4x200m) / 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
9	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	
10	S			Rest or Short recovery run or Hike			