

Week #39

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
May 16	S	On your own	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'							
17	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	
18	T	On your own	10-20' Activation Warmup run Mobility #1	1500m pace 8-10 x 400m 90" rest	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
19	W	On your 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	
20	R	On your own	10-20' Activation Warmup run Mobility #2	800m pace 3 sets (4x200m) 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
21	F	On your 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	
22	S			Rest or Short recovery run or Hike			