

Week #40

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
May 23	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'							
24	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	
25	T	On your own	10-20' Activation Warmup run Mobility #1	3000m pace 3-4 x (800-200) 60" after 800 / 2-3' after 200 800m at 3000m/5000m pace / 200m faster	5000m pace 5-7 x (800-200)	Circuit	10-20' cool down Stretch 6 muscle groups Around knee
OPTIONAL AM Run 20-30'							
26	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	
27	R	On your own	10-20' Activation Warmup run Mobility #2	1500m pace 2-3 sets (600-400-300-200) Rest: 2'-90"-60" / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
28	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	
29	S			Rest or Short recovery run or Hike			