

Week #41

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
May 30	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'							
31	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	
June 1	T	Foothills Time TBD	10-20' Activation Warmup run Mobility #1	800m pace 2 sets (400-200-200) / 60" rest. 8-12' between sets 3 x 150m accelerating / walk back recovery	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
2	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	
3	R	Foothills Time TBD	10-20' Activation Warmup run Mobility #2	3000m pace 200-400-200-600-200-800-200-600-200-400-200 Rest:60"-60"-60"-90"-60"-2'-60"-90"-60"-60"	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
4	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	
5	S			Rest or Short recovery run or Hike			