

Week #42

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
June 6	S	Foothills 10:00am-11:30am	Activation 10-20' 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'							
7	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	
8	T	Foothills 5:00pm-6:30pm	Activation 10-20' Warmup run Mobility #1	1500m pace 2 sets (3x500m) / 90"; 5-8' between set 3 x 150m accelerating / walk back recovery Athletes Competing: WO TBD	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
9	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	
10	R	Foothills 4:30pm-6:30pm	Activation 10-20' Warmup run Mobility #2	800m pace 2 sets (3x300m) / 90"; 5-8' between set 3 x 150m accelerating / walk back recovery Athletes Competing: WO TBD	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
11	F	On your own	Activation Exercises	Long CR or Competition warmup 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	
12	S			Rest or Short recovery run or Hike Or Race			