

Week #44

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
June 20	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'							
21	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	
22	T	Foothills 5:00pm-6:30pm	Activation 10-20' Warmup run Mobility #1	<b>1500m pace</b> - Mixed workout Tempo Cannon loop / 1-2' rest 600m at 1500m pace / 60" rest 200m at 800m pace / 2-3' rest Repeat 3-5 x	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
23	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	
24	R	Foothills 4:30pm-6:30pm	Activation 10-20' Warmup run Mobility #2	<b>800m pace</b> 3 sets (4x200m) / 60" rest / 5' between sets	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
25	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	
26	S			Rest or Short recovery run or Hike Or Race – Mile (Cheetah Invitational)			