

Week #46

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
July 4	S	Foothills 10:00am-11:30am	Activation 10-20' Warmup run Mobility #2	3-5 x (Cannon Loop – 2x200m) /1-2'rest-60"rest-2-3'rest If raced – Medium to Long run	3-5 x 120m fast relaxed Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
5	M	On your own	Activation Exercises	Racing – Short run or Rest 30-40' Not Racing - 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	
6	T	Foothills 5:00pm-6:30pm	Activation 10-20' Warmup run Mobility #1	Racing – Comp Prep WO, Comp WU or rest Not Racing – 3k/5k pace - TBD	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
7	W	On your own	Activation Exercises	Gord's Series #1 – 1500m/400m Not racing – 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	
8	R	Foothills 4:30pm-6:30pm	Activation 10-20' Warmup run Mobility #2	1500m pace - TBD	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
9	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	
10	S			Rest or Short recovery run or Hike			