

Week #47

Month	Day	Conditions	Warm-up	Main Objective	Secondary Objective	Warm Down	Comments
July 11	S	Foothills 10:00am-11:30am	Activation 10-20' Warmup run Mobility #2	Tempo Run	3-5 x 150m fast relaxed Sunday Circuit	10-20' jog Stretch 6 muscle groups Around knee	
OPTIONAL PM Run 20-30'							
12	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	
13	T	Foothills 5:00pm-6:30pm	Activation 10-20' Warmup run Mobility #1	800m pace or 5k/3k pace TBD	Circuit	10-20' cool down Stretch 6 muscle groups Around knee	
OPTIONAL AM Run 20-30'							
14	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	
15	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	
OPTIONAL AM Run 20-30'							
16	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	
17	S			Rest or Short recovery run or Hike			