

Date	June	SD Waves	Junior Olympic Time - Waves on Peak Performance
6-13	Mon	200 on - 200 off x 5 / hill (form work-recovery)	@ MHHS 5:30 pm
6-14	Tue	<i>Recovery Day- Easy Run 20-30 min</i>	Drills and Stretch
6-15	Wed	D-Fartlek 800-400 x 4 (Continuos-Keep Grouped)	@ Hollandia 5:30 pm
6-16	Thu	<i>Recovery Day -No Running</i>	
6-17	Fri	Tempo Run 10min easy 15min moderate-10min	
6-18	Sat	Easy Run 20-30 min 8x striders 100m	
6-19	Sun	<i>Recovery Day- No Running</i>	
6-20	Mon	1000 x 2 Bigs/ 800 x 2 Mids/ 150m Finishers	@ MHHS 5:30 pm CORE
6-21	Tue	<i>Recovery Run Easy Run 15-20 min</i>	Drills and stretch
6-22	Wed	Drop down 800x1 600x2 300x3	@ MHHS 5:30 pm
6-23	Thu	Pre-meet	@ MHHS 5:30 pm
6-24	Fri	USATF Region 15 JOs	Orange Glen HS (3000m/400m)
6-25	Sat	USATF Region 15 JOs	Orange Glen HS (LJ/Hurdles/1500m/100m/200m/HJ)
6-26	Sun	USATF Region 15 JOs	Orange Glen HS (800m/LJ)
		Warm up 1200m-Stretch(Dynamic)-Drills	Cool Down 800m // Stretch-Drills // CORE
			Looking Ahead- USATF Nat'l JOs July 26-July 21