

Date	May-June	SD Waves	Race Phase
5-27	Mon	Beach Workout-800m Repeats	@ Tamarack Beach
5-28	Tue	Easy Run - 3 miles	Drills and Stretch
5-29	Wed	Drop Down 1200-1000-800	@ MHHS Agility-CORE
5-30	Thu	Recovery- Stretch-Drills-Striders x 6	
5-31	Fri	Premeet	<i>Mile Warm-up/Stretch-Drills/Race Pace Striders x 4</i>
6-1	Sat	West Coast Classic	@ Cerritos College
6-2	Sun	West Coast Classic	@ Cerritos College
6-3	Mon	<i>Tempo 10-20-10</i>	@ MHHS Agility-CORE
6-4	Tue	Easy	Drills and stretch
6-5	Wed	Hollandia Hill Blasters x 4 // 120m x 2	@ MHHS CORE
6-6	Thu	Recovery	
6-7	Fri	Premeet	<i>Mile Warm-up/Stretch-Drills/Race Pace Striders x 4</i>
6-8	Sat	USATF Assoc Championship	@ Orange Glen HS
6-9	Sun	USATF Assoc Championship	@ Orange Glen HS
		Warm up 1200m	Stretch (Static/Dynamic)
		Drills	Cool Down 800m // Stretch-Drills // CORE