

Date	May	SD Waves	Race Phase
5-2	Mon	400 x 6 = 300 focus (recovery 200M)	@ MHHS Stride out- Race pace (3)/Sub-race pace (3)
5-3	Tue	Cross Train	Drills and Stretch
5-4	Wed	Ladder 600-1000-1000-	@ SMMS 8 x 110s
5-5	Thu	Easy Run 20 min	
5-6	Fri	Recovery	Mile Warm-up/Stretch-Drills/Race Pace Striders x 4
5-7	Sat	Beach Run-Tempo	@ Tamarack
5-8	Sun	Recovery	
5-9	Mon	Hill - Repeats 800 x ?	@ MHHS CORE
5-10	Tue	Cross train	Drills and stretch
5-11	Wed	Fartlek-2 min on/2 min off 2 min on/1 min off	@ SMMS
5-12	Thu	Recovery	
5-13	Fri	Tempo 10min easy-15min mod-10min easy	
5-14	Sat	Get out for an Easy Run	
5-15	Sun	Recovery	Looking Ahead- Flo Jo May 21-22
		Warm up 1200m	Stretch (Static/Dynamic)
		Drills	Cool Down 800m // Stretch-Drills // CORE