

SD Wave Workout	12/2-12/15			
Monday	12-2	Box Car Pacing	4:00 PM	Hollandia Park
Tuesday	12-3	Warm up- Easy 3		
Wednesday	12-4	D-Fartleks	4:00 PM	Hollandia Park
Thursday	12-5	1mile/Striders 80mx8/1mile		
Friday	12-6	AAU group	Pre-meet Course Walk	
	12-6	USATF group	Tempo 5-20-5	
Saturday	12-7	<b>AAU Nat'I XC</b>	<b>Championships</b>	<b>Charlotte, NC</b>
	12-7	USATF 4k/3k Simulation	TBD w/ Coach Chelsea	
Sunday	12-8	Recovery Day		
Monday	12-9	Easy 20 minute Run		
Tuesday	12-10	Sustained Pacing-Striders	4:00 PM	Hollandia Park
Wednesday	12-11	2 mile-200m/150 finishersx4		
Thursday	12-12	1mile/Striders 80mx8/1mile		
Friday	12-13	Pre-meet- Course Walk		
Saturday	12-14	<b>USATF Nat'I XC</b>	<b>Championships</b>	<b>Shelbyville, IN</b>
Sunday	12-15	Recovery		