

Date	May	SD Waves	Race Phase
5-16	Mon	Circuit- 300 // Hill	@ MHHS
5-17	Tue	Cross Train	Drills and Stretch
5-18	Wed	Ladder Speed Check	@ SMMS 400/200x2//800/300x2//400/200x2
5-19	Thu	Recovery Day	
5-20	Fri	Tempo 10min easy-15min mod-10min easy	
5-21	Sat	Premeet	Mile Warm-up/Stretch-Drills/Race Pace Striders x 4
5-22	Sun	Running Roses Track Meet	Pasadena 1500-200-800
5-23	Mon	Hollandia Hill Blasters x 6	@ MHHS CORE
5-24	Tue	Cross train	Drills and stretch
5-25	Wed	Drop Down 1200-1000-800	@ SMMS
5-26	Thu	Recovery	
5-27	Fri	Premeet	
5-28	Sat	USA Rocket Track Meet	
5-29	Sun	Recovery	
5/30	Mon	Memorial Day- No Practice	
			Looking Ahead- 6/3-5 Pacific Coast Shockwaves