

SD Wave Workouts Sept 9-15:

Mon 9-9 Easy 2 Recovery

Tue 9-10 700m Sustained Bookcar Pacing Hill Drills @ Hollandia Park

Wed 9-11 Easy 2 * Easy 3

Thu 9-12 Tempo Run 5-15-5 // 400 finishers x 4 // CORE @ Hollandia Park

Fri 9-13 Recovery

Sat 9-14 Pace a run for 30 minutes Striders x 8

Sun 9-15 Recovery

Mon 9-16 Sustained Run 20 minutes

Tue 9-17 Fartlek 2 min on/ 2 min off x 4 - 2 min/ 1 min x 4 @ Hollandia Park

Wed 9-18 Easy 3 // 80m Finishers x 3

Thu 9-19 Agility -2 or 3 mile Sustained Pace - 110 Relays x 4 @ Hollandia Park

Fri 9-20 Recovery Day

Sat 9-21 LSD Long Slow Distance 40 min

Sun 9-22 Recovery Day

Next Race: Sunday, Sept. 29th SA Lightning Invitational Carl Thorton Park- Santa Ana

Go Waves!