

6-5	Monday - Recovery 800on-400off x 4 Easy to Mod	MHHS
6-6	Tuesday- Recovery Run 15-20 minutes	
6-7	Wednesday- Hill Circuit	CSUSM
6-8	Thursday- Agility - 800-600-400 Finishers x 3	MHHS
6-9	Friday- Pre-meet Warm up 10 min-Stretch-Drills- Striders x 5	
6-10	Saturday- Association Championship	Orange Glen HS
6-11	Sunday- Association Championship	Orange Glen HS
6-12	Monday- No Practice	
6-13	Tuesday- 1200-1000-800	MHHS