

October	2022	Wave XC Workouts	
3	Mon	Hillblasters 1000m loop	Wave Workout @ Hollandia
4	Tue	Tempo	
5	Wed	Repeats	Wave Workout @ Hollandia
6	Thu	<i>Recovery</i>	
7	Fri	<i>Pre-meet Mile-Stretch-Drills-Striders x 5</i>	
8	Sat	<i>Free Spirit Invitational</i>	Legg Lake S.El Monte
9	Sun	<i>Recovery</i>	
10	Mon	Course Run- Point to Point Intervals	Wave Workout @ Buena Vista Park
11	Tue	Tempo	
12	Wed	Pace the DP Race Course	Wave Workout @ Buena Vista Park
13	Thu	<i>Recovery</i>	
14	Fri	Easy Run 20-25 minutes/Striders	
15	Sat	<i>Pre-meet-Stretch and Drills</i>	
16	Sun	<i>Duck Pond Invitational</i>	Buena Vista Park
		All Workouts to include:	Log your workout on a calendar
		Warm-up 1m/Stretch/Drills/Cool Down 1m	