Date	March	**SD Waves**	Conditioning
3-4	Mon	300-Hill Circuit	@ MH
3-5	Tue	Easy Run 15 min	
3-6	Wed	Fartlek-1 min on/1 min off x 8	@ SMMS
3-7	Thu	Recovery Day	
3/8	Fri	Tempo Run 5-15-5	Drop Down
3-9	Sat	Long Easy Run 25-30 min	
3-10	Sun	Recovery	
3-11	Mon	Drop Down 800-600-400 x 2	@ MH Dropdown
3-12	Tue	2 mile Run	
3-13	Wed	400m Relays x 5	@ SMMS
3-14	Thu	Recovery Day	
3-15	Fri	Easy 20 minute Run	
3-16	Sat	1000m Repeats	@ Buena Vista Park
3-17	Sun	Recovery Day	
3-18	Mon	Ladder 200-300-400-300-200-Finishers	@ MH

800m/600m/400m/300m Repeats x 3