

March - April Track Workouts = Race Phase

3-25 Mon 1000m Repeats Finishers @ Mission Hills HS 5:30 pm

3-26 Tue Easy 3 Mile Run 1-1-1

3-27 Wed Drop Downs 500m-400m-300m @ Buena Vista Park -The Duck Pond 5:30 pm

3-28 Thu Recovery Day

3-29 Fri Tempo Run 5 min easy 20 min on pace 5 min easy

3-30 Sat Easy Run for Time 30 minutes

3-31 Sun Recovery

4-1 Mon Ladder 500-1000-1000-500 // 100m Hill Blasters x 4

Under 10 800-1000-800-Hill Blasters @ Mission Hills HS 5:30 pm

4-2 Tue Drop Down 3 mile

4-3 Wed Pick a card - Any card... @ San Marcos Middle School 5:30 pm

4-4 Thu Recovery Tempo Run // 300m Finishers

4-5 Fri Do Sprint Blasters 200m x 6 plus warm up, stretch, drills and cool down

4-6 Sat Easy Run Up to 30 min

4-7 Sun Recovery