

September	SD Wave	Workouts - Pace with your Team	Mon & Wed @ Hollandia Park 6-7:30 pm
9-18	Mon	Hillblasters 600m x 6	Hollandia
9-19	Tue	Easy Run 5-20-5 minutes	
9-20	Wed	Simulation 3k // 300m Finishers x 4	Hollandia
9-21	Thu	Recovery-	
9-22	Fri	Sustained Pace Run-20-25 minutes	
9-23	Sat	<i>Pre-meet- WarmUp/Stretch/Drills</i>	
9-24	Sun	OC Grit Invitational	Central Park-Huntington Beach
9-25	Mon	Recovery Run 20 minutes- Finishers x 5	Hollandia
9-26	Tue	Tempo-Moderate 5-	
9-27	Wed	Ladder- 800-1200-1200-800	Hollandia
9-28	Thu	Recovery	
9-29	Fri	2 mile Sustain Pace	
9-30	Sat	<i>Pre-meet- WarmUp/Stretch/Drills</i>	
10-1	Sun	PC Shockwave Invitational	Martin Tudor Park- Fontana
		Warm-up 1m/Stretch/Drills/Cool Down 1m	Log your workout-digital/calendar