

<b>2024</b>	<b>Sept</b>	<b>Wave Workouts - Challenge Yourself!</b>	
Mon	2	Sustained 30 minutes	
Tue	3	<b>D Fartleks 800m-400m x 5 - Agility</b>	@ Hollandia
Wed	4	Easy 3	
Thu	5	<b>Tempo Run Variable - Finishers - CORE</b>	@ Hollandia
Fri	6	Easy 2 - 80m Striders x 6	
Sat	7	Pre-meet Warmup-Stretch-Drills-Striders	
Sun	8	<b><i>OC Grit Invitational</i></b>	@ Central Park Huntington Beach
		Warm-up 1m/Stretch/Drills/Cool Down 1m	Log your workout-digital/calendar