

September	2022	SDW XC Workout	
19	Mon	Lower Loop Run- x 4-6 CORE	Hollandia Park
20	Tue	Cross Train	
21	Wed	Timed Fartlek 90-90 x4 // 90-45 x4	Hollandia Park-MHC
22	Thu	Tempo 5-15-5 (8-11) 5-20-5 (12-14)	
23	Fri	Easy 3 or Time 25 minutes	Drills
24	Sat	Pre-meet-Warm up-Stretch-Drills	
25	Sun	<i>OC Grit Invitational</i>	<i>Huntington Beach Central Park</i>
26	Mon	Circuit Recovery Run	Hollandia Park
27	Tue	Cross Train	
28	Wed	800m x 5 Interval Workout	Hollandia Park-MHC
29	Thu	3 mile drop down	Striders
30	Fri	Easy 2	
1	Sat	Pre-meet-Warm up-Stretch-Drills	
2	Sun	<i>Shockwave Invitational</i>	<i>Martin Tudor Park-Fontana</i>
		All Workouts to include:	Log your workout on a calendar
		Warm-up 1m/Stretch/Drills/Cool Down 1m	Getting Race Ready!