

November	2022	SD Waves Workouts	
7	Mon	500m Repeats	Buena Vista Park
8	Tue	Tempo 5-20-5	
9	Wed	1000m repeats x 4	Hollandia Park
10	Thu	Recovery	
11	Fri	Sustained Pace Run 20-30 minutes	
12	Sat	<i>Pre-meet = Warm Up-Stretches-Drills</i>	
13	Sun	<i>Association Junior Olympics</i>	Buena Vista Park
14	Mon	Tempo Run 5-20-5 / Finishers	Hollandia Park
15	Tue	3 mile run	
16	Wed	Ladder 500m x 2 / 2 x 1000m / 500m x2	Hollandia Park
17	Thu	<i>Recovery</i>	
18	Fri	<i>Easy Run - Strider 200s</i>	
19	Sat	<i>Pre-meet = Warm Up-Stretches-Drills</i>	Course Walk in Las Vegas
20	Sun	<i>Region 15 Meet</i>	Craig Ranch, Las Vegas
		All Workouts to include:	Log your workout on a calendar
		Warm-up 1m/Stretch/Drills/Cool Down 1m	Waves are Ready!