

SD Wave Workouts- Nov. 18-Dec 1				
Monday	11-18	Recovery Day		
Tuesday	11-19	Hillblaster x 4 Sustained Pacing 20 minutes	5:30 PM	Hollandia Park
Wednesday	11-20	Warm up- Easy 3		
Thursday	11-21	Race Pace Repeats-	5:30 PM	Hollandia Park
		600m x 6		
Friday	11-22	Easy 2 Mile - Walking Drills		
Saturday	11-23	1000m x 4	8:30 AM	Buena Vista Park
Sunday	11-24	Recovery Day		
Monday	11-25	2mile/Striders 80mx8/2mile CORE		
Tuesday	11-26	Easy 4K or 3K Run- 80m Finishers	8:30 AM	Buena Vista Park
Wednesday	11-27	Pre-meet- Warm up 1 mile/Stretch/Drills		
Thursday	11-28	Turkey Trot-Oceanside- Meet by library 7 am	8:05 AM	Oceanside Civic Ctr
Friday	11-29	Cross Train...		
Saturday	11-30	TBD		
Sunday	12-1	Recovery		