

5-22	Monday - Hollandia 600m Hillblasters x 6	MHHS
5-23	Tuesday- Recovery Run 15-20 minutes	
5-24	Wednesday- 1000m repeats x 3	SMMS
5-25	Thursday- Agility - 300-200 200-150 Finishers x 3	SMMS
5-26	Friday- Pre-meet Warm up 10 min-Stretch-Drills- Striders x 5	
5-27	Saturday- <b>USA Rockets meet</b>	Helix Charter HS
5-28	Sunday- Recovery	
5-29	Monday- <b>Memorial Day @ DP Drop Down 8:30 am</b>	Duck Pond
5-30	Tuesday- Tempo 3	
5-31	Wednesday- 400s x 8	SMMS
6-1	Thursday- Agility -Extended Drills - 110 Relays	SMMS
6-2	Friday- Pre-meet Warm up 10 min-Stretch-Drills- Striders x 5	
6-3	Saturday- <b>West Coast Classic</b>	Cerritos College
6-4	Sunday- <b>West Coast Classic</b>	Cerritos College