

Nov	Wave	Workout for Region 15 Week	
13	Mon	Tempo Run 5 min-20 min-5 min	Hollandia Park 5:30 pm
14	Tue	Easy 2 -Agility	
15	Wed	Ladder 800-1000-800 Finishers	Hollandia Park 5:30 pm
16	Thu	Recovery Day	
17	Fri	Easy 2 110m Finishers x 4	
18	Sat	<i>Pre-meet Warm up-Stretch-Drills-Striders</i>	
19	Sun	<b>Region 15 Junior Olympics</b>	<b>Morley Field San Diego</b>
		<i>Please remember to declare by Wednesday evening.</i>	
		Final Race Phase- On the Road to Nationals...	Go Waves!