

May Wave Track Workouts = Race Phase

4-29 Mon Repeats 800 x 3 // 500 x 4

4-30 Tue Tempo 5-20-5

5-1 Wed 300 x 5 Finishers 200-150 x 4

5-2 Thu Easy Run 15 minutes 6 Finishers

5-3 Fri Pre-meet: Complete a Mile Run-Stretch-Drills-Striders x 4

5-4 Sat Mercury Invitational @ San Ysidro HS

5-5 Sun Mercury Invitational @ San Ysidro HS

5-6 Mon Mile Up 600 x5 (200m Recovery) Mile Down

5-6 Tue Recovery Run-Agility-CORE

5-8 Wed Cut Down 1200-1000-800 / Finishers 200/150 x 4

5-9 Thu 20 minute Run // 100m x 4 Accelerators

5-10 Fri Cross Train

5-11 Sat Timed Tempo for 5-15-5 Race Pace

5-12 Sun Recovery