

Date	May	SD Waves	Race Phase
5-13	Mon	Ladder 400-800-1200-800-400	@ MHHS
5-14	Tue	Easy Run - 3miles	Drills and Stretch
5-15	Wed	Hollandia Hill Blasters x 6	@ MHHS CORE
5-16	Thu	Temp 5-20-5	
5-17	Fri	Premeet	<i>Mile Warm-up/Stretch-Drills/Race Pace Striders x 4</i>
5-18	Sat	USA Rocket Track Meet	@ Helix Charter School, La Mesa
5-19	Sun	Running Roses Track Meet	@ John Muir HS, Pasadena
5-20	Mon	Drop Down 1200-1000-800	@ MHHS
5-21	Tue	Cross train	Drills and stretch
5-22	Wed	Speed Fartlek	@ MHHS CORE
5-23	Thu	Recovery	
5-24	Fri	Easy Run - 3miles	
5-25	Sat	Tempo 10-20-10	
5-26	Sun	Recovery	Looking Ahead- 6/1-2 Pacific Coast Shockwaves
		Warm up 1200m	Stretch (Static/Dynamic)
		Drills	Cool Down 800m // Stretch-Drills // CORE