

Date	June	Anna's Track Workouts	Championship Phase
6-17	Mon	Easy Run - 3 miles	
6-18	Tue	Ladder 400-600-1000-600-400 (recovery is 200m)	Drills and Stretch
6-19	Wed	Temp 5-20-5 Moderate 80%	
6-20	Thu	Rest day	
6-21	Fri	Cross train Swim - Hike - Dance	CORE
6-22	Sat	30 minute run- Easy Pace	
6-23	Sun	Rest day	
6-24	Mon	Drop Down 1000-800-600 (recovery is 400m)	Drills and stretch
6-25	Tue	Cross train	CORE
6-26	Wed	Speed Fartlek 90sec off 90sec on x 3 // 90sec on 45sec off x 3	
6-27	Thu	Recovery	
6-28	Fri	Easy Run - 3 miles	CORE
6-29	Sat	Tempo 10-20-10	
6-30	Sun	Rest day	
		<b>Warm up 1200m - Drills - Stretch (Static/Dynamic)</b>	<b>Cool Down 800m // Stretch-Drills // CORE</b>
Date	June	SD Waves	Championship Phase
6-17	Mon	Easy Run - 3 miles	Drills and Stretch
6-18	Tue	Cut Down 1000m-500m-400m-300m	@ MHHS Agility-CORE
6-19	Wed	Recovery- Stretch-Drills-Striders x 6	
6-20	Thu	2 mile Easy // Finishers 4 x150m	@ MHHS Agility-CORE
6-21	Fri	<i>Premeet</i>	<i>Mile Warm-up/Stretch-Drills/Race Pace Striders x 4</i>
6-22	Sat	<b>USATF Region 15 Meet</b>	<b>@ Orange Glen HS</b>
6-23	Sun	<b>USATF Region 15 Meet</b>	<b>@ Orange Glen HS</b>
6-24	Mon	Tempo 10-20-10	Drills and stretch
6-25	Tue	<i>Premeet</i>	<i>Mile Warm-up/Stretch-Drills/Race Pace Striders x 4</i>
6-26	Wed	<b>USATF Nat'l Youth Outdoor</b>	<b>@ Ichan Stadium NY</b>
6-27	Thu	<b>USATF Nat'l Youth Outdoor</b>	<b>@ Ichan Stadium NY</b>
6-28	Fri	<b>USATF Nat'l Youth Outdoor</b>	<b>@ Ichan Stadium NY</b>
6-29	Sat	<b>USATF Nat'l Youth Outdoor</b>	<b>@ Ichan Stadium NY</b>
6-30	Sun	<i>Rest is good!</i>	<b>Go Waves!</b>