

March	2025	San Diego Waves	Mid-Distance Workout -	Site-Time
17	Mon	Tempo Run	5 min easy -10 min on -5 min easy-	
18	Tue	Pick a Card... Ladder	Add 3 x 150m Striders	@ MH 5:30 pm
19	Wed	Easy 3 mile		
20	Thu	1200-1000-800 // Hill blasters 80m x 4	Recovery 400m/Set of Drills	@ MH 5:30 pm (upper grass)
21	Fri	Rest Day		
22	Sat	Sustained Pace Run	30 min	
23	Sun	Recovery		
24	Mon	Easy 2 with Striders x 4		
25	Tue	Agility // 400-800-1000-800-400		@ MH 5:30 pm
26	Wed	Easy 3 miles	Recovery Run	
27	Thu	400m x 6 // Finishers=150m x4		@ MH 5:30 pm
28	Fri	Pre-meet Workout/Stretch-Drills x2		
29	Sat	PC Shockwaves Invitational		@ Cerritos College
30	Sun	PC Shockwaves Invitational		@ Cerritos College
		All Workouts to include:	Warm-up Mile/Stretch/Drills	Agility= Jump Ropes & Bands
		Log your workout on a calendar	Cool Down 800m	Wave Track is on!

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