

Long Distance Workout Week 3 March 16th-20th

Monday	Tuesday	Wednesday	Thursday	Friday
No practice	Long distance form 400, 500, 600 Mile pace 600, 500, 400 Mile pace -10 seconds Cool Down Stretch	Recovery day!	Road Run Julio- 6-7 miles Jose, Kaia, & Sadie 3-4 miles Cool Down Stretch	Julio, Jose, & Sadie- 2x800, 2x400 Kaia- 4x400 Starts Core Cool Down Stretch