

March 20-24th

Volume 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tempo Warm up Event work Relays 4x60 x 3 4x1 4-6 handoffs 4x2 Practice 4x4 HO Plyos Bounding Dbl leg 4x20m Single leg R/L 2x20 ea Alt Leg 2x20m	Meet Prep Little event work	M E E T D A Y M A C C O U N T Y	Recovery Day	Event work Fun Activity/Circuit	20-30 minute of steady state activity Walk, Jog, basketball, pickleball Get the heart rate up.