

April 3rd- April 7th

Volume 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Warm-up Work out 200 4x250 B-23 G-28 8 minute rest 400 4x300 B-23 sec 200 G-28 sec 200 8 minute rest 4x2 handoffs Event work Cool Down Stretch go home	Pre Meet Light event work	I C E B O X A U R O R A	No School No Practice	20-30 minute of steady state activity Walk, Jog, basketball, pickleball Get the heart rate up.