

Turnout - 5/4/20 - Big 6, 30-60 minute run, 6-8 x 100s @ mile pace, Big 6, & 50-100 pushups & sit-ups

Turnout - 5/5/20 - Jog 2 Laps, Dynamic warmup, 6 x 800s @ mile pace with a 400 jog recovery, Jog 2 Laps, Big 6, & Doc T - Plan "A"

Turnout - 5/6/20 - Big 6, 30-45 minute Fartlek run (work in some hills), 3 x 200s @ mile pace, Big 6, & P-90X

Turnout - 5/7/20 - Jog 2 laps, Dynamic warmup, 12-16 x 200s @ mile pace with a 200 jog, jog 2 laps, Big 6, & Doc T - Plan "B"

Turnout - 5/8/20 - Big 6, 30-45 minute run, 8 x 50 meter start/finishes @ mile pace, Big 6, & The "Fifty" Workout (pushups, sit-ups, etc.)

Turnout - 5/9/20 - 30-60 minute run

Turnout - 5/10/20 - Run, Cross-Train or Rest