

Turnout - 5/11/20 - Big 6, 30-60 minute run, 4-6 x 100s @ mile pace, Big 6, & 50-100 pushups & sit-ups

Turnout - 5/12 - Warmup, Ladder - 200-400-600-800-600-400-200 @ 800, 1600, 3200 & 5K pace with equal jog recovery, Warmdown, Doc T - Plan A

Turnout - 5/13/20 - Big 6, 30-60 minutes run, 8 x 50 meter strides @ mile pace, Big 6, P-90X

Turnout - 5/14/20 - Warmup, 9 x 400s with first 3 @ 5K pace, then, 3200 & 1600 pace with standing recovery, Warm-down, Big 6, Doc T - Plan B

Turnout - 5/15/20 - Big 6, 30-60 minute run, Big 6, & The "Fifty" Workout (pushups, sit-ups, squats, etc.)

Turnout - 5/16/20 - 30-60 minute run

Turnout - 5/17/20 - Run, Cross-Train or Rest