

Turnout - 4/27/20 - Big 6, 30-60 minute run, 3 x 200s & 800 meter pace, Big 6, 50-100 pushups & situps

Turnout - 4/28/20 - Jog 2 Laps, Dynamic Warmup, 6 x 800s @ 3200 pace with a 400 meter jog recovery, Jog 2 Laps, Big 6, & Doc T - Plan "A"

Turnout - 4/29/20- Big 6, 30-45 minute Fartlek run, 4 x Bruin Hill @ mile pace, 4 x 100s @ mile pace, Big 6, & P-90X

Turnout - 4/30/20 - Warmup, 9 x 400s @ mile pace with a 200 meter jog recovery, 4 x 100s @ mile pace, warm-down, & Doc T - Plan "B"

Turnout - 5/1/20 - Big 6, 30-60 minute run, Big 6, & The "Fifty" Workout (pushups, sit-ups, squats, planks, leg lifts & mirror running)

Turnout - 5/2/20 - Big 6, 30-60 minute run (work in some hills), Big 6, & the "Fifty" workout (pushups, sit-ups, squats, planks, etc.)

Turnout - 5/3/20 - Run, Cross-Train or Rest