

Turnout - 4/20/20 - Big 6, 30-60 minute run (work in some hills), 4-6 x 100s @ mile pace, Big 6, & 50-100 pushups & situps

Turnout - 4/21/20 - Warmup, 9 x 400s @ mile pace with a 200 meter jog recovery, Warm-down, & Doc T - Plan "A"

Turnout - 4/22/20 - Big 6, 30-45 minute Fartlek run, 4 x Bruin Hill @ mile pace, 4 x 100s @ mile pace, Big 6, & P90X

Turnout - 4/23/20 - Warmup, 1 x 1200 @ 5K pace, 2 x 800 @ 3200 pace, 3 x 400 @ mile pace with 400 jog recovery, Warm down, & Doc T - Plan "B"

Turnout - 4/24/20 - Big 6, 30-60 minute run (work in some hills), Big 6, & The "Fifty" Workout (pushups, sit-ups, squats, leg lifts, etc.)

Turnout - 4/25/20 - 30-60 minute run & 50-100 pushups & sit-ups.

Turnout - 4/26/20 - Run, Cross-Train or Rest