

JM Girls Mid/Distance – 2019

Schedule

Week 12

End of the season.

May 27 – June 3, 2019

Monday	Rest
Tuesday	Special Endurance 12 min warmup 5x400 (95%V02 or 75% of 400) 15 min cool down.
Wednesday	Easy Pace 35 minutes
Thursday	Sections Day 1
Friday	Easy Pace 35 minutes
Saturday	Sections Day 2
Sunday	Rest Day
Monday	Track and Field Party – 5:30 pm Pre-party game at 4:00 pm.