

5/27/2019-6/2/2019

Monday:

No practice (Memorial Day)

Tuesday:

Workout:

- 3 x 200m @ 80-85%
- 3-4 minutes rest between
- 2x100m @ 95%
- 2-3 minutes rest between

Wednesday:

Pre-meet

Thursday:

Day 1: Sections @ Lakeville South

Friday:

Pre-meet

Saturday:

Day 2: Sections @ Lakeville South