Week Of:	Monday	Tuesday	Wednesday	Thursday			Friday	Saturday		
	All	All	All	800m	1600m	3200m	All	800m	1600m	3200m
March 05	15 @B +6x800 @I w/400 + 1600 @B + 6x200 @F w/200 +15 @B	50 @B + 1600 @T w/in + 6x100m Strides	60 @B + 45 @Pool	20 @B + 4x400 @Race w/400 + 4x300 @F w/500 + 10 @B	10 @B + 8x400 @Race w/400 + 4x200 @F w/ 200 + 10 @B	10 @B + 6x800 @Race w/400 + 4x200 @F w/ 200 + 10 @B	50 @B + 1600 @T w/in + 6x100m Strides	10 @B + 4x400 @Race w/400 + 2000 @B + 4x400 @Race w/400 + 10 @B	10 @B + 6x600 @Race w/400 +10 @B	10 @B + 8x800 @Race w/400 +10 @B
March 12	15 @B + 6x1000 @I w/600 + 6 Strides +10 @B	50 @B + 1600 @T w/in + 6x100m Strides	60 @B + 45 @Pool	50 @B + 1600 @T w/in + 6x100m Strides			Pre-Race	Dublin Distance Festival		
March 19	15 @B +5x1200 @I w/600 + 6 Strides + 10 @B	Pre-Race	WACC v. Alameda & Castro Valley	50 @B + 1600 @T w/in + 6x100m Strides			Pre-Race	Oakland Relays		
March 26	15 @B +6x800 @I w/400 + 1600 @B + 6x200 @F w/200 +15 @B	Pre-Race	Scrimmage v. Skyline	20 @B + 4x400 @Race w/400 + 4x300 @F w/500 + 10 @B	10 @B + 8x400 @Race w/400 + 4x200 @F w/ 200 + 10 @B	10 @B + 6x800 @Race w/400 + 4x200 @F w/ 200 + 10 @B	50 @B + 1600 @T w/in + 6x100m Strides	10 @B + 4x400 @Race w/400 + 2000 @B + 4x400 @Race w/400 + 10 @B	10 @B + 6x600 @Race w/400 +10 @B	10 @B + 8x800 @Race w/400 +10 @B
April 02	15 @B + 6x1000 @I w/600 + 6 Strides +10 @B	50 @B + 1600 @T w/in + 6x100m Strides	60 @B + 45 @Pool	20 @B + 4x400 @Race w/400 + 4x300 @F w/500 + 10 @B	10 @B + 8x400 @Race w/400 + 4x200 @F w/ 200 + 10 @B	10 @B + 6x800 @Race w/400 + 4x200 @F w/ 200 + 10 @B	50 @B + 1600 @T w/in + 6x100m Strides	10 @B + 4x400 @Race w/400 + 2000 @B + 4x400 @Race w/400 + 10 @B	10 @B + 6x600 @Race w/400 +10 @B	10 @B + 8x800 @Race w/400 +10 @B
April 09	15 @B +5x1200 @I w/600 + 6 Strides + 10 @B	Pre-Race	WACC v. Hayward & San Leandro	20 @B + 4x400 @Race w/400 + 4x300 @F w/500 + 10 @B	10 @B + 8x400 @Race w/400 + 4x200 @F w/ 200 + 10 @B	10 @B + 6x800 @Race w/400 + 4x200 @F w/ 200 + 10 @B	50 @B + 1600 @T w/in + 6x100m Strides	10 @B + 4x400 @Race w/400 + 2000 @B + 4x400 @Race w/400 + 10 @B	10 @B + 6x600 @Race w/400 +10 @B	10 @B + 8x800 @Race w/400 +10 @B