

Week of Feb.22th , 2021

Grade 6 Girls/Boys

<i>Week Beginning</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Feb. 22	Tempo Stretches	Easy Run 20-25 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Speed Fun Leg exercises	Easy Run 20-30 min OR Rest	REST	Workout on your Own Steady State Balance	Long(er) Run Easy Pace 25-30

Grade 7 Girls/Boys

<i>Week Beginning</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Feb.22	Tempo Stretches	Easy Run 20-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Speed Fun Leg exercises	Easy Run 25-35 min OR Rest	REST	Workout on your Own Steady State Balance	Long(er) Run Easy Pace 25-35

Grade 8 Girls / Boys

<i>Week Beginning</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Feb. 22	Tempo Stretches	Easy Run 25-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Speed Fun Leg exercises	Easy Run 30-35 min OR Rest	REST	Workout on your Own Steady State Balance	Long(er) Run Easy Pace 30-35