

Week of May 10th , 2021

Grade 6 Girls/Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 10th	Ladder Balance	Easy Run 20-25 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Hills Leg exercises	Easy run / Zoom 20-30 min OR Rest	REST	Tempo	Long(er) Run Easy Pace 25-30

Grade 7 Girls/Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 10th	Ladder Balance	Easy Run 20-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Hills Leg exercises	Easy Run/ Zoom 25-35 min OR Rest	REST	Tempo	Long(er) Run Easy Pace 25-35

Grade 8 Girls / Boys

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 10th	Ladder Balance	Easy Run 25-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Hills Leg exercises	Easy Run/ Zoom 30-35 min OR Rest	REST	Tempo	Long(er) Run Easy Pace 30-35