

## Week of Feb. 21st, 2022

### Grade 6 Girls/Boys

<b>Week Beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Feb. 21st	<b>Intro to Track!</b>	Easy Run 20-25 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	<b>Speed</b> Leg exercises	Easy run / 20-30 min OR Rest	<b>REST</b>	<b>Tempo</b>	Long(er) Run Easy Pace 25-30

### Grade 7 Girls/Boys

<b>Week Beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Feb. 21st	<b>Intro to Track!</b>	Easy Run 20-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	<b>Speed</b> Leg exercises	Easy Run/ 25-35 min OR Rest	<b>REST</b>	<b>Tempo</b>	Long(er) Run Easy Pace 25-35

### Grade 8 Girls / Boys

<b>Week Beginning</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
Feb. 21st	<b>Intro to Track!</b>	Easy Run 25-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	<b>Speed</b> Leg exercises	Easy Run/ 30-35 min OR Rest	<b>REST</b>	<b>Tempo</b>	Long(er) Run Easy Pace 30-35