

Week of June 6th, 2022

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>
June 6 th	Monarch Speed Leg exercises	Easy Run 20-25 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Monarch – tempo work MRYTLL	Easy run / 20-30 min OR Rest	REST	Central Tech	Race or Easy Run 20-25 min OR Rest

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>
June 6 th	Monarch Speed Leg exercises	Easy Run 20-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Monarch – tempo work MRYTLL	Easy Run/ 25-35 min OR Rest	REST	Central Tech	Race or Easy Run n 20-25 min OR Rest

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>
June 6 th	Monarch Speed Leg exercises	Easy Run 25-30 min OR Rest <small>(Tues or Thursday, not BOTH)</small>	Monarch – tempo work MRYTLL	Easy Run/ 30-35 min OR Rest	REST	Central Tech	Race or Easy Run 20-25 min OR Rest