

WEEKLY WORKOUT (2/26 – 3/2/24)

WEDNESDAY – 2/28/24

MEET

THURSDAY – 2/29/24

2 laps
EDD's
6x 150
Blocks – lower body
Warm Down Lap

FRIDAY – 3/1/24

2 Laps
EDD's
3x 200
Sled 60M - upper body
Warm Down Lap

SATURDAY – 3/2/24

2 Laps
EDD's
Hill (8)
Blocks – no weights
Warm Down Lap