

◀ June		JULY 18					August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
24	25 30 LSD CORE--PTA	26 30 LSD PTA	27 30-40 LSD CORE--PTA	28 30 LSD PTA	29 40-50 LSD CORE--PTA	30 OFF	
1	2 40 LSD CORE--PTA	3 30 LSD PTA	4 OFF	5 FIRST OFFICIAL DAY 30-40 LSD PTA V HERMOSA SWIM	6 30-45 LSD CORE--PTA V HERMOSA	7 40-50 LSD PTA STONEHILL/DP CREEKSIDE PARK	
8	9 30-45 LSD CORE---PTA BAMS	10 30-40 LSD GAMES PTA V HERMOSA SWIM	11 35-45 LSD PTA SC ST PRK -CALAFIA	12 30-40 LSD CORE-PTA GAMES V HERMOSA SWIM	13 DRILLS 1 M TIME TRIAL 6-8 REPEATS GREENBELT PTA--- CORE BAMS	14 50 LSD PTA SANO RUN 30-36	
15	16 40 LSD CORE-PTA SHORECLIFFS MS	17 3 M TIME TRIAL 30 LSD PTA BAMS SWIM	18 DRILLS FARTLEK HK-100-150-60 CORE—PTA 20 LSD BAMS	19 30-45 LSD PTA--GAMES V HERMOSA SWIM	20 30-40 LSD CORE --PTA SHORECLIFFS MS	21 DRILLS PTA MILE TIME TRIAL 45-1 HR BAMS 32-40	

◀ June							JULY 18							August ▶						
Sun			Mon			Tue			Wed			Thu			Fri			Sat		
22			23 DRILLS FARTLEK P/B--PTA 40 LSD BAMS			24 30-50 LSD CORE--PTA GAMES V HERMOSA SWIM														

◀ July							AUGUST 18							September ▶						
Sun			Mon			Tue			Wed			Thu			Fri			Sat		
									25 DRILLS GREEN BELT REPEATS HILLS 20 LSD PTA			26 30-50 LSD CORE--PTA GAMES V HERMOSA SWIM			27 DRILLS 10 X 200 ON GRASS 30 LSD PTA CORE BAMS			28 6AM 50 LSD PTA BEACH ROAD-6AM (Doheny) 33-41		
29 30 LSD PTA ROYO			30 DRILLS 3 M TIME TRIAL 40-50 LSD PTA BAMS			31 CORE--PTA 40 LSD GAMES V HERMOSA SWIM			1 DRILLS HARBOR HILLS 30 LSD PTA D P HARBOR			2 CORE--PTA 40 LSD GAMES SHORECLIFFS MS SWIM			3 DRILLS 1 MILE TIME TRIAL CORE—PTA 40 LSD BAMS			4 1 hr----70 PTA COOKS PARK/CALLE DEL CAMPO 38-47		
5 30 LSD ROYO			6 DRILLS FARTLEK HK-150-HK-100-60 40 LSD PTA BAMS			7 CORE--PTA 40-50 LSD GAMES V HERMOSA SWIM			8 DRILLS BOW /STERN HILLS PTA 40 LSD LN RIDGE GOLDEN LANTERN FIRE STATION			9 CORE--PTA GAMES 30-40-LSD V HERMOSA SWIM			10 DRILLS 40 LSD PTA CORE SHORECLIFFS MS			11 DRILLS JALAMA TIME TRIAL 1 HR. PTA BAMS 42-53		

◀ July		AUGUST 18					September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
12 20-30 LSD ROYO	13 DRILLS 4-3-3-2-2-1-1 30 LSD PTA CORE BAMS	14 CORE--PTA 50 LSD GAMES V HERMOSA	15 DRILLS HILL REPEAT 30 LSD PTA GREEN BELT	16 CORE -- PTA 50 LSD GAMES SHORECLIFFS MS	17 30 LSD PTA CALAFIA ST PK BEACH	18 1 HR. PTA BAMS 38-56	
19 20-30 LSD ROYO	20 DRILLS 4 x 4 MIN 40-50 LSD CORE--PTA BAMS	21 SCHOOL STARTS CORE--PTA 50 LSD SHOECLIFFS MS 2PM	22 HARBOR HILLS /FRONTERA REPEATS PTA 40 LSD SCHS 2PM	23 CORE--PTA 50 LSD N BEACH 2PM	24 PRE MEET DRILLS 30-40 LSD CORE 5 ACCELS PTA SCHS 2PM	Notes:	

◀ August		~ September 18 ~					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						25 INTER-SQUAD RACE 8AM 50 LSD PARENT/ATHLETE RUN ALONG—BAMS 42-54	
26 30 LSD ROYO	27 RED-6AM SC STATE PARK 70 MIN CALAFIA 10 MIN TEMPO PTA 2PM	28 CORE--PTA 40-50 LSD 5 ACCELS 1PM	29 DRILLS OH HILL PTA 30 LSD ROADRUNNER SPORTS NITE 3PM	30 50 LSD CORE-PTA PARENT MEETING 6PM 1PM	31 PRE MEET PTA CORE 3PM	1 2 MILE RACE AT DANA HILLS HS 1 HR 4PM 43-53	

◀ August		~ September 18 ~					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
2 30 LSD OR BIKE RIDE -1HR	3 LABOR DAY CELEBRATION 70-75 MIN 15 TEMPO ALL AT 6AM SC STATE PARK BEACH CALAFIA	4 50 LSD CORE 1PM	5 DRILLS SC TRAIL REPEATS 3PM	6 50 LSD CORE 1PM	7 PRE MEET 3PM	8 LAGUNA HILLS INVITE 30-40 LSD 7:30 AM 40-52	
9 30 LSD OR BIKE RIDE 1HR	10 6AM-RED 75-80 MIN 15 MIN TEMPO 30 PM RED 2PM	11 40-50 LSD CORE 1PM	12 DRILLS BOW/STERN HILL /OH HILL REPEATS 40 LSD 3PM	13 30-40 LSD CORE 1PM	14 PRE MEET 3PM	15 WOODBIDGE INV 30-40 LSD 5PM 41-58	
16 30 LSD OR BIKE RIDE 1HR	17 6AM-RED 90 MIN 20 TEMPO 30 PM RED 2PM	18 40-50 LSD CORE 5 ACCELS 1PM	19 DRILLS LA PATA LOOP OR BLEACHER CIRCUIT 10 X 200 30 LSD 3PM	20 40-50 LSD CORE 1PM	21 PRE MEET 3PM	22 DANA HILLS INVITE 30-40 LSD 43-59	
23 30 LSD OR BIKE 1HR	Notes:						

◀ September		~ October 18 ~					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	24 6AM-RED 90-MIN 20 TEMPO 30 PM RED 2PM	25 40-50 LSD CORE 1PM	26 HARBOR HILLS OR OH REPEATS 40 LSD 3PM	27 40-50 LSD CORE 1PM	28 5-4-3-2-2-1-1 40 LSD 3PM	29 7AM WOODS CANYON RED ONLY OTHER-V HERMOSA 60 LSD 46-63
30 OFF	1 6AM- 90 MIN VARSITY ONLY ALL OTHERS ---PRE MEET 30 LSD PM --VAR 2PM	2 CLUSTER----F-S-JV NO VARSITY 1PM	3 10 BLEACHER CIR 10 X 200 30-40 LSD 3PM	4 40-50 LSD CORE 1PM	5 CORE 50 LSD OR PRE MEET 3PM	6 CLOVIS INVITE RED ONLY OR 60 LSD BEACH RD 45-55
7 30 MIN OR 1 HR BIKE	8 6AM-RED 75 MIN 20 TEMPO 30 LSD PM 2PM	9 CORE 40-50 LSD 1PM	10 DRILLS 6 X 800 CUTDOWNS 30 LSD 3PM	11 40-50 LSD CORE 1PM	12 PRE MEET OR REPEAT 200 40 LSD 3PM	13 O C CHAMPS 50 LSD ROYO 41-52
14 30 MIN	15 6AM-RED 80- LSD 20 TEMPO 2PM	16 30-50 LSD 1PM	17 DRILLS 5-4-3-2-1 10x200 30 LSD 3PM	18 30-50 LSD 1PM	19 PRE MEET OR BLEACHER CIRCUIT 40 LSD 3PM	20 MT SAC INVITE ROYO 50 LSD 39-50

◀ September		~ October 18~					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
21 REST	22 6AM 1HR LSD 2PM	23 30-40 MIN 1PM	24 DRILLS 8-8-8-4-4-4 30 LSD 3PM	Notes:			

◀ October		~ November 18~					December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				25 30-40 LSD 1PM	26 DRILLS 8-10 X 200 30-40 LSD 3PM	27 VISTA HERMOSA 30-50 MIN 33-44	
28 FULL REST	29 PRE MEET 2PM	30 LEAGUE FINALS 1PM	31 40 LSD CIF TEAM ONLY	1 1 MILE TIME WOODS CANYON 1PM	2 40 LSD 1PM	3 1HR ST PARK -CALAFIA	
4 FULL REST	5 50 LSD	6 DRILLS 4-3-2-1-1-1 30 LSD	7 40 LSD	8 DRILLS 4 X 200 CUTDOWNS 4 X 100 CUTDOWNS 20 MIN	9 PRE MEET DINNER AT THE BUTLER'S	10 CIF PRELIMS RIVERSIDE GOLF COURSE	

◀ October

~ November 18~

December ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
11	12 TBA	13	14	15	16	17 CIF FINALS RIVERSIDE GOLF COURSE
25	26	27	28	29	30	Notes: