

JANUARY 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 30-40 LSD CORE HASH MARKS-10	1 30-40 LSD CORE-25 PU 100 SU PLANKS	2 30-40 LSD CORE HASH MARKS-10	3 30-40 LSD CORE	4 30-40 LSD CORE HM-10	5 25-30m
6	7 50 LSD CORE HM-10	8 30-40 LSD CORE HM-10	9 DRILLS 10-14 OH HILL REPEATS 30-40 LSD	10 30-40 LSD CORE HM-10	11 40-50 LSD DRILLS CORE 1 MILE TIME TRIAL	12 8AM VISTA HERMOSA 40 LSD HM-10 32-37m
13	14 7AM 1 HR COOKS PARK RUN CORE NO SCHOOL	15 30-40 LSD HM-15 CORE	16 BEACH TRIAL HILL REPEATS 20 LSD	17 30-40 LSD HM-10 CORE	18 HM-15 40 LSD 100-400 TIME TRIAL CORE	19 8AM 50-1 HR BEACH ROAD 36-40m
20	21 6AM DRILLS FARTLEK 2X HK-150-HK-100-60 30 LSD 30 LSD PM CORE	22 40- LSD CORE 100-400 MAKEUP HM-15	23 DRILLS HILL REPEATS OH-LA PATA LOOPS 30-40 LSD	24 40- LSD CORE HM-15	25 DRILLS 2M TIME TRIAL 40 LSD CORE	26 8AM 1 HR SANO RUN 41-46

JANUARY 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 30 LSD	28 6AM DRILLS FARTLEK- 2X HK-150-HK-100-60 CORE 30- LSD 30 LSD-PM	29 40- LSD HM-15 CORE				

FEBRUARY 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			30 DRILLS 800 TIME TRIAL 40 LSD HM-10	31 40- LSD CORE HM-15	1 6-8 X 1000 CORE 30-40 LSD	2 8AM VISTA HERMOSA 1 HR 42-52
			3 30 LSD	4 6AM FARTLEK 2-3X HK-100-HK-150-80B CORE 30 LSD 40 LSD-PM	5 40-50 LSD 5 ACCELS CORE	6 DRILLS OH HILL REPEATS 30 LSD
10 30 LSD	11 6AM DRILLS FARTLEK 2-3X HK-150-HK-100-80B 40 LSD CORE 30 LSD	12 40-50 LSD 5 ACCELS CORE	13 DRILLS 10-14 X 400 30 LSD	14 40-50 LSD HM-20 CORE	15 DRILLS 2 MILE TIME TRIAL CORE 40 LSD NO SCHOOL	16 8AM 10-12 GREENBELT HILLS 6-10 X 200 30 LSD 47-56

FEBRUARY 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17 30-40 LSD	18 7AM 80 LSD CALAFIA ST PRK NO SCHOOL	19 DRILLS 16-1X800 3X600 4X400 5X200 5X100B 3X300 6X200 5X100 CORE 40 LSD	20 DRILLS PRE MEET CORE	21 HB AT SC	22 50 LSD 5 ACCELS CORE	23 8AM MEET AT VISTA HERMOSA SELUDA/LA PATA HILL REPEATS 40 LSD 45-52
24 30- LSD	25 60 LSD 5 ACCELS CORE	26 DRILLS 14-16x550 6x100 B 12-14x200 6x100 B 40 LSD	27 50 LSD CORE 15-HM	28 DRILLS TIME TRIALS 100-4-8-16-32 CORE 40 LSD	1 5 ACCELS 40-50 LSD CORE	2 7AM 80 LSD VISTA HERMOSA 50-54

MARCH 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 30-50 LSD	4 1 HR LSD 5 ACCELS CORE	5 DRILLS 16 2x800 2MI 8X400 MI 6X200 BRK DN 8 2-3X400 6-8X200 30-40 LSD	6 PRE MEET CORE OR 50 LSD	7 AN AT SC OR PRE MEET	8 SO CO CLASSIC PRE MEET OR 50 LSD 10 BLEACHER HILLS HM-15	9 IRVINE INV 50 LSD AT VISTA HERMOSA 42-51

MARCH 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10 30-50 LSD	11 70 LSD CORE 5 ACCELS	12 16-6X400-300-200 8—4-5X400-200 ALL 5X100 40 LSD	13 PRE MEET CORE	14 SC AT SJH	15 PRE MEET CORE	16 TRITON INVITE 50 ROYO 47
17 30-50 LSD	18 1 HR 5 ACCELS CORE	19 DRILLS 16-10 X 400 5X100B 1 MIN REST 8—6 X 300 5X100B 1 MIN REST 30LSD	20 PRE MEET CORE	21 TES AT SC	22 PRE MEET OR 10 BLEACHER HILL REPEATS 50LSD CORE	23 MEET OF CHAMPS OR 1HR VISTA HERMOSA 5 ACCELS 52
24 30 LSD	25 70 LSD 5 ACCELS CORE	26 TRITON RELAYS 40 LSD	27 50 LSD CORE	28 DRILLS 16-10 X 500 5X100B MIN REST 8-4-5X300 5X100B MIN REST 40 LSD	29 50 LSD CORE ACCELS	30 COOKS PARK 60 LSD 50-56

APRIL 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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APRIL 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 SPRING BREAK 7AM 80 MIN CORE MEET AT CALAFIA STATE PK	2 DRILLS 16— 3 X 6-4-2 BL 15 MIN JOG 5 X 100 8---3 X 4-2-2 15 MIN JOG 5X 100 40 LSD SCHS	3 50 ROYO	4 100 TIME TRIAL 400 TIME TRIAL REPEAT 200 CORE 50 LSD SCHS	5 SPRING BREAK 50 LSD ROYO ARCADIA	6 YOUTH TRACK MEET SCHS 60 LSD ARCADIA 43-52
7	8 100 TIME TRIAL 70 LSD 5 ACCELS	9 8 X 400-200 8-12 X 200 30-40 LSD	10 PRE MEET	11 LH AT SC	12 PRE MEET OR 50 LSD 10 HM 10 BLEACHER HILLS	13 OC CHAMPS VISTA HERMOSA 50 LSD 50
14 30 LSD	15	16 PRE MEET	17 SC AT CV	18 40 LSD	19	20 1HR LSD
21 30 LSD	22 PRE MEET	23 LEAGUE PRELIMS	24 40- LSD 5 ACCELS	25 PRE MEET	26 LEAGUE FINALS	27

APRIL 19						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

MAY 19						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12
13	14	15	16	17	18	19

MAY 19

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20	21	22	23	24	25	26
27	28	29	30	31	1	2