

JANUARY 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 30-40 LSD CORE HASH MARKS-10	7 30-40 LSD CORE-25 PU 100 SU 3 MIN PLANKS	8 40 LSD CORE HASH MARKS-10	9 1 MILE TIME TRIAL 40 LSD	10 40 LSD CORE HM-10	11 25-28m
12	13 50 LSD CORE HM-10	14 30-40 LSD CORE HM-10	15 BEACH TRAIL HILL REPEATS	16 30-40 LSD CORE HM-10	17 40 LSD DRILLS CORE	18 8AM VISTA HERMOSA 40 LSD HM-10 32-37m
19	20 8AM 1 HR CALAFIA BEACH TRAIL RUN NO SCHOOL	21 30-40 LSD HM-15 CORE	22 DRILLS 10-14 OH HILL REPEATS CORE 30LSD	23 30-40 LSD HM-10 CORE	24 HM-15 30 LSD 2MILE TIME TRIAL CORE	25 8AM 1 HR COOKS PARK 40-44m
26	27 630 AM DRILLS FARTLEK 2X HK-150-HK-100-60 20 LSD 20 PM CORE	28 40- LSD CORE 2 MILE MAKEUP HM-15	29 DRILLS 10 FRONTERA HILL REPEATS -LA PATA LOOPS 30-40 LSD	30 40- LSD CORE HM-15	31 DRILLS 100-400 TIME TRIAL 40 LSD CORE	1 8AM 1 HR SANO RUN 44-48m

JANUARY 20						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

FEBRUARY 20						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 630 AM DRILLS FARTLEK- 2X HK-150-HK-100-60 CORE 30- LSD 30 LSD-PM	4 40- LSD HM-15 CORE	5 DRILLS 800 TIME TRIAL 10 x BLEACHER HILLS 40 LSD	6 40- LSD CORE HM-15	7 6-8 X 1000 CORE 40 LSD	8 8AM VISTA HERMOSA 1 HR 42-50m
9 30 LSD	10 630 AM FARTLEK 2-3X HK-100-HK-150-80B CORE 20 LSD 30 LSD-PM	11 40-50 LSD 5 ACCELS CORE	12 DRILLS TRITON RELAYS 30 LSD	13 40 LSD CORE	14 8AM DRILLS 1 MILE TIME TRIAL 40-LSD CORE -NO SCHOOL	15 8AM 1 HR COOKS PARK RUN 46-53m
16 30 LSD	17 8 AM DRILLS FARTLEK 2-3X HK-150-HK-100-80B 40 LSD CORE NO SCHOOL	18 40-50 LSD 5 ACCELS CORE	19 DRILLS 10-14 X 400 30-40 LSD	20 40-50 LSD HM-20 CORE	21 DRILLS 2 MILE TIME TRIAL CORE 40 LSD	22 8AM 10-12 GREENBELT HILLS 6-10 X 200 20-30 LSD 48-57m

FEBRUARY 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23 30 LSD	24 630 AM 70 LSD HM 20 CORE 30 PM	25 DRILLS PRE MEET CORE	26 HB AT SC	27 50 LSD HM 20 CORE	24 DRILLS 16-1X800 3X600 4X400 5X200 5X100B 3X300 6X200 5X100 40 LSD	29 8AM BEACH ROAD 50 LSD 47-56m
1 30- LSD	2 630AM 60-75 LSD 5 ACCELS CORE 30 PM	3 DRILLS 16-18x500 6x100 B 12-14x200 6x100 B 40 LSD	4 PRE MEET CORE	5 AN/MV/JS AT SC	6 50 LSD CORE HM-15	7 7AM 60 LSD BEACH TRIAL CALAFIA 49-56m

MARCH 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
8 30 LSD	9 630AM 60-75 LSD 5 ACCELS CORE 30 PM	10 DRILLS 16 2x800 2MI 8X400 MI 6X200 BRK DN 8 2-3X400 6-8X200 30-40 LSD	11 PRE MEET CORE	12 SC AT TESORO	13 PRE MEET OR CORE 50 LSD 10 BLEACHER HILLS	14 IRVINE INV 50 LSD AT VISTA HERMOSA 46-54m

MARCH 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15</p> <p>30 LSD</p>	<p>16</p> <p>630AM</p> <p>60-80 LSD</p> <p>5 ACCELS</p> <p>30PM</p>	<p>17</p> <p>50 LSD</p> <p>CORE</p> <p>15 HM</p>	<p>18</p> <p>16-6X400-300-200</p> <p>8—4-5X400-200</p> <p>ALL 5X100</p> <p>40 LSD</p>	<p>19</p> <p>50 LSD</p> <p>CORE</p>	<p>20</p> <p>PRE MEET</p>	<p>21</p> <p>TRITON INVITE</p> <p>30 ROYO</p> <p>48-53</p>
<p>22</p> <p>30 LSD</p>	<p>23 630AM</p> <p>60-80 LSD</p> <p>5 ACCELS</p> <p>30 PM</p>	<p>24 DRILLS</p> <p>16-10 X 400 5X100B</p> <p>1 MIN REST</p> <p>8—6 X 300 5X100B</p> <p>1 MIN REST</p> <p>30LSD</p>	<p>25</p> <p>PRE MEET</p> <p>CORE</p>	<p>26</p> <p>SC AT LH</p>	<p>27 PRE MEET OR</p> <p>10 BLEACHER HILL</p> <p>REPEATS</p> <p>50LSD</p> <p>CORE</p>	<p>28</p> <p>MEET OF CHAMPS</p> <p>OR 1HR</p> <p>VISTA HERMOSA</p> <p>5 ACCELS</p> <p>48- 55m</p>
<p>29</p> <p>30 LSD</p>	<p>30 630AM</p> <p>60-70 LSD</p> <p>5 ACCELS</p> <p>30 PM</p>	<p>31 DRILLS</p> <p>16-10 X 500 5X100B</p> <p>MIN REST</p> <p>8-4-5X300 5X100B</p> <p>MIN REST</p> <p>40 LSD</p>	<p>1</p> <p>40-50 LSD</p> <p>CORE</p>	<p>2</p> <p>CV AT SC</p>	<p>3</p> <p>50 LSD</p> <p>CORE OR</p> <p>TRABUCO H</p> <p>DISTANCECARNIVAL</p>	<p>4</p> <p>VISTA HERMOSA</p> <p>60 LSD</p> <p>47-52m</p> <p>TRAUCO H INV</p>

APRIL 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 SPRING BREAK 7AM 80 MIN CORE MEET AT CALAFIA STATE PK	7 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	8 50 ROYO	9 100 TIME TRIAL 400 TIME TRIAL REPEAT 200/RELAYS 30 SEC REST CORE 50 LSD SCHS	10 SPRING BREAK 50 LSD ROYO ARCADIA	11 YOUTH TRACK MEET SCHS ARCADIA 48m
12	13 600 TIME TRIAL 1200 TIME TRAIL 60 LSD 5 ACCELS	14 8 X 400-200 8-12 X 200 30 SEC REST 30-40 LSD	15 PRE MEET	16 SJH AT SC	17 PRE MEET OR 50 LSD 10X 400	18 OC CHAMPS VISTA HERMOSA 30 LSD 47m
19	20 40-60 LSD	21 1 X 800/400 6 X 200 30 SEC REST 30 LSD	22 PRE MEET	23 LEAGUE PRELIMS	24 40LSD	25 40 LSD V HERMOSA 37-40m
26	27 400 TIME 40 LSD	28 5 X 200 30 LSD	29 40 LSD	30 PRE MEET	1 LEAGUE FINALS	2

◀ MAY 19 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	1	2	3	4
5	6	7	8	9	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26

MAY 19						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2