

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Drills / Fartlek run 2X HK-150-HK-100-60 - 5 Miles Vista Hermosa	2 7 Miles Core, Games Vista Hermosa	3 Greenbelt hills 8 Miles total BAMS	4 5 Miles Core, Games Shorecliffs Park	5 3 Mile Time Trial #2 5-7 Miles Vista Hermosa	6 10 Miles / 50 min Beach Road
7 3-4 miles ROYO	8 Drills, Fartlek run 3XHK-150-HK-100-60, 5-6 MI BAMS	9 6-7 Miles Core, Games Shorecliffs Park	10 Beach Trail Hills 9 Miles total St Beach Califia	11 6-7 Miles Core, Games Vista Hermosa	12 1 Mile Time Trial 2 X 1 Mile 6 Miles Vista Hermosa	13 10-12 Miles or 50- 55 min Cooks Park - SJC
14 3-4 miles ROYO	15 Drills - 5-4-3-2-1-1-1, 6 MI Vista Hermosa	16 1st Day of School 7 Miles, Core SCHS	17 1 mile timed SCHS Hill 10-12-14, 800 timed, 4 mi SCHS	18 7 Miles Core SCHS to Shorecliffs	19 2 Mile time Trial 7 Miles SCHS	20 10 Miles or 55 min Beach Road
21 3-4 miles ROYO	22 Varsity - Califia 6:30 AM, 10 Miles. SCHS – 2:45 PM, 4 Miles. Team – SCHS 2:45 PM, 8-10 miles	23 6-7 Miles Core, 5 Accels SCHS to Shorecliffs	24 Harbor Hills – 20-22 (var). Frontera Hill 8-10 (F/S, JV), 6 Miles SCHS	25 6-7 Miles, Core SCHS – Beach Trail	26 Pre-Meet workout 7 Miles SCHS	27 3 Mile Time Trial vs Tesoro Creekside Park Dana Point
28 3-4 miles ROYO	29 Varsity - Califia 6:30 AM, 11 Miles. SCHS – 2:45 PM, 5 Miles. Team – SCHS 2:45 PM, 8-10 miles	30 Drills 5-6 x 4min (1000m) 6-7 miles SCHS	31 6-7 miles Core SCHS to Shorecliffs			

NOTES:

1. After school starts on 8/16 all weekday practices will start at SCHS

2. Daily practice Times

Monday – 2:45 PM

Tues / Thurs – 1:40 PM

Wed / Fri – 3:45 PM

Saturday – 7:30 AM