

◀ August		SEPTEMBER 21					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			1 1 X MILE TIMED OH HILL 10-12-14 800 TIMED 40LSD SCHS	2 50 LSD CORE 1:05 pm SCHS to North Beach	3 2 MILE RACE 60 LSD 1:00 pm (min day) SCHS	4 OFF	
5 OFF	6 Labor Day 80-90 MIN 15 TEMPO ALL AT 7:00 AM CALAFIA	7 50 LSD CORE 5 ACCELS 1:05 pm SHORECLIFFS	8 SC TRAIL HILL REPEATS RUN TO POCHE 2 x 3:05 pm SCHS	9 50 LSD CORE 1:05 pm SCHS to North Beach	10 PRE MEET 3:05 pm SCHS	11 LAGUNA HILLS INV TBA 30-40 LSD recovery	
12 30 LSD OR BIKE RIDE 1HR	13 6:30 AM - 75-80 MIN 15 MIN TEMPO – Beach Trail 2:00 pm – 70 min SCHS – North Bch	14 50 LSD CORE 5 ACCELS 1:05 pm SHORECLIFFS	15 LA PATA HILL/ FRONTERA REPEATS 30-50 LSD 3:05 pm SCHS	16 50 LSD CORE 1:05 pm SCHS to North Beach	17 PRE MEET OR 60-LSD 3:05 pm SCHS	18 WOODBIDGE INV TBA 30-40 LSD recovery	
19 30 LSD OR BIKE RIDE 1HR	20 6:30 am - 80 MIN 15 TEMPO 2:00 pm – 70 min SCHS to North Beach	21 50 LSD CORE 5 ACCELS 1:05 pm SHORECLIFFS	22 1 X 800 TIMED 6-7 X 800 40 LSD 3:05 pm SCHS	23 50 LSD CORE 1:05 pm SCHS to North Beach	24 PRE MEET OR 60 LSD 3:05 pm SCHS	25 DANA HILLS INV TBA 30-40 LSD recovery	
26 ROYO 30 LSD OR BIKE 1 HR	27 630 AM-RED 90-MIN 15 TEMPO 2:00 pm – 70 min BEACH TRAIL	28 50 LSD CORE 5 ACCELS 3:05 pm SHORECLIFFS	29 MSAC SPECIAL OR SC TRAIL REPEATS 40 LSD 1:05 pm SCHS	30 50 LSD CORE 3:05 pm SCHS to North Beach			