

AUGUST 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat

SEPTEMBER 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23 WEEK 5	24 OH HILL REPEATS LA PATA REP-AM 40 LSD CORE V HERMOSA--SCHS	25 1 HR BEACH TRAIL	26 OFF	27 1 MILE TIME TRIAL 10-14 X 200 40 LSD CORE V HERMOSA	28 AEROBIC ACT CORE SWIM-BIKE- ULTIMATE	29 AEROBIC ACT CORE SWIM-BIKE- ULTIMATE 23-30
30 WEEK 6	31 AM DRILLS FARTLEK 1X HK-150-HK-100-60 40 LSD CORE BAMS	1 1 HR CORE SANO/BEACH RUN	2 OFF	3 800 TIME TRIAL CORE 50-LSD V HERMOSA	4 BEACH TRIAL HILLS REPEATS CORE CALAFIA	5 OFF 29-35

SEPTEMBER 20						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 WEEK 7	7 AEROBIC ACT	8 DRILLS FARTLEK 2 X HK-150-HK-100-60 CORE 40 LSD BAMS	9 AEROBIC ACT	10 400 TIME TRIAL 50 LSD CORE SHORECLIFFS MS	11 50-1 HR LSD CORE CALAFIA	12 3 MILE TIME TRIAL 40 LSD V HERMOSA 33-37
13 WEEK 8	14 DRILLS FARTLEK 2X HK-150-HK-100-80 CORE 30 LSD BAMS	15 BEACH TRAIL 50 LSD CORE CALAFIA	16 AEROBIC ACT	17 1 MILE TIME TRIAL 50 LSD CORE SHORECLIFFS MS	18 40 LSD GREENBELT HILLS CORE BAMS	19 40-45 75-80 LSD BEACH ROAD/PCH
20 WEEK 9	21 DRILLS FARTLEK 3X HK-150-100-80 CORE 30 LSD BAMS	22 LA PATA REPEATS CORE 30 LSD V HERMOSA	23 AEROBIC ACT	24 800 400 TIME TRIAL 12-16 X 200 REPEATS 40 LSD CORE SCHS	25 BEACH TRAIL 50 LSD CORE CALAFIA	26 40-46 70-80 LSD COOKS PARK /CALLE DEL CAMPO/ CALLE ARROYO

OCTOBER 20						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

OCTOBER 20

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 WEEK 10	28 DRILLS FARTLEK 3X HK-150-100-80 CORE 40 LSD BAMS	29 50 LSD CORE SHORECLIFFS MS	30 2 MILE TIMED DRILLS OH HILL 10-12-14 40LSD CORE SCHS	1 50 LSD CORE V HERMOSA	2 75 MIN CREESIDE PK DP STONEHILL/SJ CREEK	3 AEROBIC ACT 40-46
4 WEEK 11	5 50-60- MIN 15 TEMPO SC STATE PK BEACH CALAFIA	6 40 LSD CORE SHORECLIFFS MS	7 DRILLS GREENBELT HILLS REPEATS BAMS	8 40 LSD CORE CALAFIA	9 1 MILE TIME TRIAL 10-16 X 200 30 LSD CORE SCHS	10 80 HR LSD SANO RUN 42-49
11 WEEK 12	12 DRILLS 4-4-3-3-2-2-1-1-1 40 LSD CORE BAMS	13 50 LSD CORE SHORECLIFFS MS	14 DRILLS LA PATA HILLS/ OH HILL REPEATS 30-40 LSD V HERMOSA	15 40-50 LSD CORE CALAFIA	16 RELAYS V HERMOSA	17 BEACH ROAD
18 WEEK 13	19 60 MIN 15 TEMPO CALAFIA	20 40-50 LSD CORE SHORECLIFFS	21 MT SAC SPECIAL 1M-60H-1M 30 LSD SCHS	22 40-50 LSD CORE CALAFIA	23 1/3 MILE TIME TRIAL TBA	24 COOKS PARK

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NOVEMBER 20

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