

◀ June	JULY 19						August ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
23	24 40 LSD CORE—PTA VARSITY-ALL WEEK OTHERS OPTIONAL	25 30 LSD PTA	26 30-40 LSD CORE--PTA	27 30 LSD PTA	28 40-50 LSD CORE--PTA	29 OFF	
30	1 OFFICIAL START FOR CAMP 40 LSD CORE--PTA V HERMOSA	2 40 LSD PTA V HERMOSA SWIM	3 40 LSD PTA-CORE GAMES V HERMOSA	4 OFF	5 30-45 LSD CORE--PTA GAMES V HERMOSA	6 40-50 LSD PTA STONEHILL/DP CREEKSIDE PARK 25-28	
7	8 40-45 LSD CORE--PTA BAMS	9 CORE 30-40 LSD GAMES PTA V HERMOSA SWIM	10 40-45 LSD PTA SC ST PRK -CALAFIA	11 30-40 LSD CORE-PTA GAMES V HERMOSA SWIM	12 DRILLS 1 M TIME TRIAL 6-8 REPEATS GREENBELT 30 LSD PTA BAMS	13 50 LSD PTA SANO RUN TRESTLES PARK LOT 32-38	
14	15 40 LSD CORE-PTA SHORECLIFFS MS	16 30-45 LSD PTA V HERMOSA SWIM	17 DRILLS FARTLEK HK-100-150-60 CORE—PTA 20 LSD BAMS	18 30-45 LSD PTA--GAMES V HERMOSA SWIM	19 30-40 LSD CORE --PTA SHORECLIFFS MS	20 DRILLS PTA MILE TIME TRIAL 45-1 HR BAMS 33-40	

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◀ July		AUGUST 19										September ▶	
Sun		Mon		Tue		Wed		Thu		Fri		Sat	
21		22 MILE MAKEUP DRILLS FARTLEK HK-100-150-60 x 2 PTA 40 LSD BAMS		23 30-50 LSD CORE--PTA GAMES V HERMOSA SWIM		24 DRILLS LA PATA 5-8 REPEATS HILLS 20 LSD PTA V HERMOSA		25 30-50 LSD CORE--PTA GAMES V HERMOSA SWIM		26 DRILLS 10-12 X 200 ON GRASS 30 LSD PTA CORE BAMS		27 60 LSD PTA WOODS CANYON OR BEACH ROAD (South Doheny) 33-43	
28 30 LSD PTA ROYO		29 DRILLS 3 M TIME TRIAL 30-40LSD PTA V HERMOSA		30 CORE--PTA 40-50 LSD GAMES V HERMOSA SWIM		31 DRILLS 12-16 SHORT HARBOR HILLS 30 LSD PTA D P HARBOR		AUGUST 1 CORE--PTA 40 LSD GAMES SHORECLIFFS MS SWIM		2 DRILLS 1 MILE TIME TRIAL PTA 40 LSD BAMS		3 1 hr----70 PTA CORE COOKS PARK/CALLE DEL CAMPO 38-47	
4 30 LSD ROYO		5 1 MILE MAKEUP DRILLS FARTLEK 2X HK-150-HK-100-60 40 LSD PTA BAMS		6 CORE--PTA 40-50 LSD GAMES V HERMOSA SWIM		7 DRILLS BOW /STERN HILLS PTA 40 LSD LN RIDGE GOLDEN LANTERN FIRE STATION		8 CORE--PTA GAMES 30-40-LSD V HERMOSA SWIM		9 DRILLS 40 LSD PTA CORE SHORECLIFFS MS		10 DRILLS JALAMA TIME TRIAL 1 HR. PTA VISTA HERMOSA 42-53	

◀ July		AUGUST 19					September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
11 20-30 LSD ROYO	12 DRILLS 4-3-3-2-2-1-1-1 40 LSD PTA CORE BAMS	13 CORE--PTA 50 LSD GAMES V HERMOSA JALAMA CAMP	14 DRILLS HILL REPEAT 30 LSD PTA GREEN BELT	15 CORE -- PTA 50 LSD GAMES SHORECLIFFS MS	16 50 LSD PTA CALAFIA ST PK BEACH	17 1 HR. PTA BAMS 44-58/65	
18 20-30 LSD ROYO JALAMA CAMP	19 DRILLS 5-6 x 4 MIN(1000) 40-50 LSD CORE--PTA BAMS	20 SCHOOL STARTS CORE--PTA 50 LSD SHOECLIFFS MS 2PM	21 20-22 SHORTS HARBOR HILLS /FRONTERA 8-10 REPEATS PTA 40 LSD SCHS 2PM	22 CORE--PTA 50 LSD N BEACH 2PM	23 PRE MEET DRILLS 30-40 LSD CORE 5 ACCELS PTA SCHS 2PM	24 3M OR 1M TIME INTER-SQUAD RACE 8AM 1 HR LSD PARENT/ATHLETE RUN ALONG—SCHS 45-60 Hawaii trip meeting	

◀ August							October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
25 30 LSD ROYO	26 RED-6AM SC STATE PARK 60 MIN CALAFIA 10 MIN TEMPO PTA 30 LSD PM RED 2PM	27 CORE--PTA 40-50 LSD 5 ACCELS 1PM	28 1 X 800 TIMED DRILLS OH HILL 10-12-14 PTA 40 LSD RR SPORTS NITE 3PM	29 PRE MEET PTA CORE 1PM	30 2 MILE RACE AT MISSION VIEJO HS ON THE TRACK 40 LSD WD 6PM	31 70 MIN CREESIDE PK DP STONEHILL/SJ CREEK 8PM 45-56	

22 30 LSD OR BIKE 1 HR	23 6AM-RED 90-MIN 15 TEMPO 30 PM RED 2PM	24 40-50 LSD CORE 1PM	25 DRILLS 8 X 800 CUTDOWNS 30 LSD 3PM	26 40-50 LSD CORE 1PM	27 PRE MEET 3PM	28 DANA HILLS INV 8AM 30-40 LSD 47-56
29 OFF	30 6AM- 90 MIN VARSITY ONLY ALL OTHERS ---PRE MEET 30 LSD PM --VAR 2PM	NOVEMBER 1 40-50 LSD CORE 1PM	2 MSAC SPECIAL OR SC TRAIL REPEATS 40 LSD 3PM	3 40-50 LSD CORE 1PM	4 DRILLS 12-16 X 200 40 LSD 3PM	5 1 HR LSD DOWN HILL RUNS V HERMOSA 45-53
6 30 MIN OR 1 HR BIKE	7 6AM-RED 75 MIN 20 TEMPO 30 LSD PM CORE 2PM	8 CLUSTER----F-S-JV NO VARSITY 1 PM	9 DRILLS 8 X 800 CUTDOWNS 30 LSD 3PM	10 50 LSD CORE 1PM	11 PRE MEET OR BLEACHER HILLS 40 LSD 3PM	12 CLOVIS INVITE VARSITY ONLY 60 LSD V HERMOSA 43-52
13 30 MIN	14 6AM-RED 80- LSD 15 TEMPO 2PM	15 40-50 LSD 1PM	16 DRILLS 1 MI TIME-4-3-2-1-1 10x200 30 LSD 3PM	17 40-50 LSD 1PM	18 PRE MEET OR BLEACHER HILLS 40 LSD 3PM	19 OC CHAMPS 50 LSD V HERMOSA 42-50
				Notes:		

◀ October		November 19					December ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
20 30 LSD	21 6 AM--RED 1HR LSD 2PM	22 DRILLS 4 X 800 6 X 400 30 LSD 1PM	23 30-40 LSD 3PM	24 DRILLS 8-10 X 200 30-50 LSD 1PM	25 50 LSD OR PRE MEET 3PM	26 MT SAC INV OR 50 LSD V HERMOSA 40-46	
27 30 LSD	28 1 HR LSD 2PM	29 DRILLS 4-3-2-1-1-1 30 LSD 1PM	30 30-50 LSD 3PM	31 DRILLS 6-5-4 INDIAN RUN OR 10 X 200 30 LSD 1PM	1 30-50 LSD 3PM	2 WOODS CANYON 1 MILE TIME 1 HR LSD OR V HERMOSA 50 LSD 36-42	
3 30 LSD	4 40-60 LSD 5 ACCELS 2PM	5 40-50 5 ACCELS 1PM	6 PRE MEET 3PM	7 LEAGUE FINALS	8 CIF TEAM BEACH TRAIL 50 LSD 3PM	9 1 HR V HERMOSA	
10 30 LSD	11 WOODS CANYON 60 LSD	12 6-5-4-1-1-1 INDIAN RUN 30 LSD	13 40 LSD	14 5 X 200 5 X 100 40 LSD	15 PRE MEET	16 CIF PRELIMS RIVERSIDE GOLF COURSE 8:00AM	

◀ October

November 19

December ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
17 FULL REST	25 60 LSD	26 INDIAN RUN 5-4-3-2-1	27 50 LSD	28 4 X 200 4 X 100 30 LSD	29 PRE MEET	30 CIF FINALS RIVERSIDE GOLF COURSE