

**SEPTEMBER 2022**

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
				<b>1</b> <b>6-7 MI</b> <b>CORE</b>  <b>N BEACH</b>	<b>2</b> <b>2 MILE RACE</b> <b>AT TRABUCO</b>	<b>3</b> <b>10 MI</b>  <b>BEACH ROAD</b>
<b>4</b> <b>3-4 Miles</b> <b>ROYO</b>	<b>5</b> <b>12-16 Miles</b> <b>15 TEMPO</b> <b>ALL AT 7:30 AM</b>  <b>CALAFIA</b>	<b>6</b> <b>6-7 Miles</b> <b>CORE</b> <b>5 ACCELS</b> <b>SHORECLIFFS</b>	<b>7</b> <b>SC TRAIL HILL</b> <b>REPEATS</b> <b>RUN TO POCHE</b> <b>10 MI TOTAL</b> <b>SCHS</b>	<b>8</b> <b>6-7 MI</b> <b>CORE</b>  <b>BEACH TRAIL</b>	<b>9</b> <b>PRE MEET</b>  <b>SCHS</b>	<b>10 HAWAII-Varsity</b> <b>F / JV Laguna Hills</b> <b>Inv. 8:30 AM</b> <b>4-5 Miles cool</b> <b>down</b>
<b>11</b>	<b>12</b> <b>Varsity 6:30 am</b> <b>10 Miles (15 min</b> <b>Tempo). 4 Miles PM</b> <b>F/JV – 10 miles PM</b> <b>BEACH TRAIL</b>	<b>13</b> <b>LA PATA HILL/</b> <b>FRONTERA</b> <b>REPEATS</b> <b>4-7 MI</b>	<b>14</b> <b>6-7 Miles</b> <b>CORE</b>  <b>SHORECLIFFS</b>	<b>15</b> <b>PRE MEET</b> <b>CORE</b>  <b>SCHS</b>	<b>16</b> <b>WOODBRIIDGE INV</b> <b>Time TBA</b> <b>4-5 Miles</b>	<b>17</b> <b>VARSITY ONLY</b> <b>10 Miles</b> <b>Time TBA</b> <b>Beach Road</b>
<b>18</b> <b>3-4 Miles ROYO or</b> <b>BIKE RIDE 1HR</b>	<b>19</b> <b>Varsity 6:30 am</b> <b>11 Miles (15 min</b> <b>Tempo). 5 Miles PM</b> <b>F/JV – 11 miles PM</b> <b>BEACH TRAIL</b>	<b>20</b> <b>6-7 MI</b> <b>CORE</b> <b>5 ACCELS</b>  <b>SCHS to Shorecliffs</b>	<b>21</b> <b>1 X 800 TIMED</b> <b>6-7 X 800</b> <b>5-7 MI</b>  <b>SCHS</b>	<b>22</b> <b>6-7 MI</b> <b>CORE</b>  <b>SCHS to Nth Beach</b>	<b>23</b> <b>PRE MEET</b>  <b>SCHS</b>	<b>24</b> <b>Dana Hills Inv.</b> <b>8 AM</b> <b>4-5 Miles cool</b> <b>down</b>
<b>25</b> <b>3-4 Miles ROYO or</b> <b>BIKE 1 HR</b>	<b>26</b> <b>Varsity 6:30 am</b> <b>12 Miles (20 min</b> <b>Tempo). 5 Miles PM</b> <b>F/JV – 12 miles PM</b> <b>BEACH TRAIL</b>	<b>27</b> <b>DRILL</b> <b>800 TIMED</b> <b>2 X800 4X 400</b> <b>7 MI</b>	<b>28</b> <b>6-7 MI</b> <b>CORE</b> <b>5 ACCELS</b> <b>SCHS to Shorecliffs</b>	<b>29</b> <b>MSAC SPECIAL OR</b> <b>SC TRAIL REPEATS</b> <b>5 MI</b> <b>SCHS</b>	<b>30</b> <b>12-16 X</b> <b>200/RELAYS</b> <b>7 MI</b> <b>SCHS</b>	