

JANUARY 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 30-40 LSD CORE HASH MARKS-10	4 30-40 LSD CORE-25 PU 100 SU 3 MIN PLANKS	5 50 LSD CORE HASH MARKS-10	6 1 MILE TIME TRIAL 40 LSD	7 50 LSD CORE HM-10	8 32-35
9	10 50 LSD CORE HM-10	11 BEACH TRAIL HILL REPEATS	12 30-40 LSD CORE HM-10	13 40 LSD 2 MILE TIME TRIAL CORE	14 30-40 LSD CORE HM-10	15 8AM VISTA HERMOSA 40 LSD 34-39
16	17 1 HR CALAFIA BEACH TRAIL RUN NO SCHOOL	18 30-40 LSD HM-10 CORE	19 10-14 OH HILL REPEATS 30LSD	20 40-50 LSD HM-10 CORE	21 50 LSD HM 10 CORE	22 35-40
23	24 630 AM FARTLEK 2X HK-150-HK-100- 60 CORE 20 LSD 20 PM	25 40- LSD CORE HM-10	26 50 LSD HM 10	27 100-400 TIME TRIAL 40 LSD CORE	28 40- LSD CORE HM-10	29 LA PATA REPEATS 4-5 MI 42-47

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 615 AM DRILLS FARTLEK- 2X HK-150-HK-100- 60 CORE 4 MI- LSD 4 MI LSD-PM	1 800 TIME TRIAL 10 x BLEACHER HILLS 5 MI LSD	2 5 MI- LSD HM-15 CORE	3 400 TIME TRIAL 6-8 X 1000 CORE 5 MI LSD	4 5 MI- LSD CORE HM-15	5 8AM COOKS PARK 8- 10 MI 45-50
6 30 LSD	7 615 AM FARTLEK 2-3X HK-100-HK-150-80B CORE 3 MI LSD 4 MI LSD-PM	8 TRITON RELAYS 4 MI LSD	9 5 MI LSD HM 15 CORE	10 DRILLS 1 MILE TIME TRIAL 9 MI LSD CORE	11 5-6 LSD HM 15 CORE	12 8AM 10-12 GREENBELT HILLS 6-10 X 200 3-4 MI LSD 45-52
13 30 LSD	14 615 AM DRILLS FARTLEK 2-3X HK-150-HK-100-80B 2 MI LSD 4 MI LSD PM	15 6-7 LSD CORE HM 20	16 10-14 X 400 5-6 LSD	17 40-50 LSD HM-20 CORE	18 DRILLS 2 MILE TIME TRIAL CORE 6-7 LSD	19 BEACH ROAD 10-12 MI LSD 48-56
20 30 LSD	21 615 AM 10-12 MI LSD HM 20 4 MI LSD PM	22 10 X OH HILL REPEATS 5 MI	23 6-7 LSD CORE	24 1 ST INTERV TIMED 14-1X800 3X600 4X400 5X200 5X100B 3X300 6X200 5X100 4 MI LSD	25 6-7 LSD CORE	26 8AM COOKS PARK 10 MI LSD 52-58

FEBRUARY 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27 30- LSD	28 615 AM 10-12 MI LSD CORE 4 MI PM	1 TIME TRIAL ON 1 ST 14-16x500 6x100 B 10-12x200 6x100 B 4 MI LSD	2 PRE MEET CORE	3 MV/JS AT SC	4 6-7 MI LSD	5 7AM 8-10 MI LSD SANO BEACH RUN 46-53

MARCH 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6 30 LSD	7 8 MI LSD CORE	8 16 2x800 2MI 8X400 MI 6X200 BRK DN 8 2-3X400 6-8X200 4-5 MI LSD	9 PRE MEET CORE	10 ALISO NIG AT SC	11 PRE MEET OR 6-7LSD 10 BLEACHER HILLS	12 IRVINE INV 50 LSD AT VISTA HERMOSA 41-44
13 30 LSD	14 8 MI LSD CORE	15 100 TIME TRIAL 16-6X400-300-200 8—4-5X400-200 ALL 5X100 4-5 LSD	16 6-7 LSD CORE	17 10 MI LSD 20 HM	18 PRE MEET	19 TRITON INVITE 47-50

MARCH 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
20 30 LSD	21 8 MI LSD CORE	22 16-10 X 400 5X100B MIN REST 8—6 X 300 5X100B 1 MIN REST 3-4 MI LSD	23 6-7 MI LSD CORE	24 10 MI LSD 20 HM	25 PRE MEET OR 15 BLEACHER HILLS 40 LSD	26 OC CHAMP MEET 60 LSD 43-48
27 30 LSD	28 16-10X500 5X100B MIN REST 8-4-5X300 5X100B MIN REST 4 MI LSD	29 PRE MEET	30 SC AT CAPO V	31 6-7 MI LSD OR PRE MEET	1 TRABUCO DIST INV OR 20 BLEACHER HILLS 6 MI LSD	2 TRABUCO INV VISTA HERMOSA 60 LSD 45

APRIL 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 30 LSD	4 7AM 12 MI CALAFIA	5 16— 3 X 6-4-2 BL 15 MIN JOG 5 X 100 8---3 X 4-2-2 15 MIN JOG 5X 100 6 MI LSD SCHS	6 50 ROYO	7 100 TIME TRIAL 400 TIME TRIAL REPEAT 200/RELAYS 30 SEC REST 6 MI LSD SCHS	8 50 LSD ROYO ARCADIA	9 ARCADIA 40-45

APRIL 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10 30 LSD	11 6 X 400-200 8-12 X 200 30 SEC REST 4-5 MI LSD	12 PRE MEET	13 SC AT TESORO	14 PRE MEET	15 MT SAC OR PRE MEET OR 50 LSD 10X 400	16 MT SAC 10 MI LSD 45-46
17 30 LSD	18 1 X 800/400 6 X 200 30 SEC REST 30 LSD	19 PRE MEET	20 SJH AT SC	21 6-7 MI LSD	22 10 MI LSD	23 40 LSD V HERMOSA YOUTH MEET-SCHS 40-41
24	25 PRE MEET	26 LEAGUE PRELIMS	27	28	29 LEAGUE FINALS	30

MAY 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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MAY 22

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2