
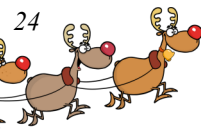


# DECEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		!	1	2 4.0 Miles 3:30-5:30p (Loves) Tempo	3	4 8.5 Miles 6:00-8:00a (Iron Horse) SOAR Blender Moderate Long
5 	6	7 4.0 Miles 3:30-5:30p (Loves) Interval Group Challenge 	8	9 4.0 Miles 3:30-5:30p (Loves) Tempo	10	11
12 Event Santa to the Sea 10K+ 6-11am Ventura	13	14 4.0 Miles 3:30-5:30p (Loves) Interval	15	16 4.0 Miles 3:30-5:30p (Loves) Tempo	17	18 Event SOAR Jingle Bell 10 Miler (Encino) 6-1pm Moderate Long 
19	20	21 5.0 Miles 9:00-11:00 (Iron Horse) Tempo Group Challenge! 	22	23  Happy Holidays! No Training Today!	24  Merry Christmas!	25 Happy Holidays! No Training Today! 
26	27	28 8.0 Miles 9:00-11:00 (Iron Horse) Tempo	29	30 4.5 Miles 9:00-11:00 (Loves River Run) Tempo	31  Bring on the NEW YEAR!	