

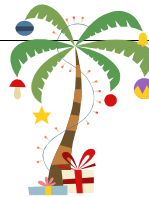

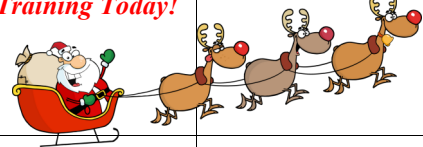




DECEMBER 2024

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