

YOU CAN DO
26.2!

DECEMBER 2019



SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>Event</i> <i>Road Runner Sports</i> <i>Shoe Clinic (Studio</i> <i>City) 2-6p</i> 	2	3 <i>5.0 Miles</i> <i>3:30-5:30p</i> <i>(Lowes)</i> <i>Interval</i> <i>Group Challenge!</i>	4	5 <i>5.0 Miles</i> <i>3:30-5:30p</i> <i>(Iron Horse)</i> <i>Tempo</i>	6	7 <i>Event</i> <i>Santa Monica / Ven</i> <i>Christmas 10K</i> <i>(Santa Monica)</i> <i>6-10a</i>
8	9	10 <i>4.0 Miles</i> <i>3:30-5:30p (Lowes)</i> <i>Interval</i>	11	12 <i>4.0 Miles</i> <i>3:30-5:30p (Lowes)</i> <i>Tempo</i>	13	14 <i>Event</i> <i>SOAR Jingle Bell</i> <i>10 Miler (Encino)</i> <i>6-1pm</i> <i>Moderate Long</i> 
15	16	17 <i>4.0 Miles</i> <i>3:30-5:30p (Lowes)</i> <i>Interval</i> <i>Group Challenge!</i>	18	19 <i>5.0 Miles</i> <i>3:30-5:30p (Lowes)</i> <i>Tempo</i>	20	21 <i>8.0 Miles</i> <i>6:00-8:00a</i> <i>(Iron Horse)</i> <i>Moderate Long</i>
22	23	24  <i>Happy Holidays!</i> <i>No Training Today!</i>	25 <i>Merry</i> <i>Christmas!</i>	26  <i>Happy Holidays!</i> <i>No Training Today!</i>	27	28 <i>10 Miles</i> <i>6:00-8:00a</i> <i>(Lowes)</i> <i>Moderate Long</i>
29	30	31  <i>Bring on</i> <i>the</i> <i>NEW YEAR!</i> <i>New Years Eve!</i> <i>No Training Today!</i>				