







# DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	2	3 8.5 Miles 6:00-8:00a (Iron Horse) SOAR Blender Moderate Long
4	5	6 4.5 Miles 3:30-5:30p (Lowes River Run) Interval	7	8 4.0 Miles 3:30-5:30p (Lowes) Tempo	9	10
11 Event Santa to the Sea 10K+ 6-11am Ventura	12	13 4.0 Miles 3:30-5:30p (Lowes) Interval Group Challenge!	14	15 4.0 Miles 3:30-5:30p (Lowes) Tempo	16	17 Event SOAR Jingle Bell 10 Miler (Encino) 6-1pm Moderate Long
18	19	20 5.5 Miles 9:00-11:00 (Heritage Trail) Moderate Long	21	22  Happy Holidays! No Training Today!	23	24 Happy Holidays! No Training Today! 
25  Merry Christmas!	26	27 8.0 Miles 9:00-11:00 (Iron Horse) Tempo	28	29 4.5 Miles 9:00-11:00 (Lowes River Run) Tempo	30	31  Bring on the NEW YEAR! Happy Holidays! No Training Today!