





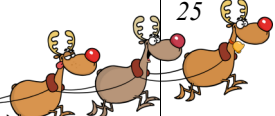





DECEMBER 2023

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