




JANUARY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 <i>Happy Holidays! No Training Today!</i>
2	3	4 4.0 Miles 9-11a (Loves) Interval	5	6 5.0 Miles 9-11a (Iron Horse) Tempo	7	8 10.0 Miles 6:00-10:00a (Facey) Moderate Long
9	10	11 4.0 Miles 330-5p (Loves) Interval <i>Group Challenge!</i>	12 	13 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	14	15 10.0 Miles 6:00-10:00a (Loves) Moderate Long
16	17	18 4.5 Miles 330-5p (Loves River Tour) Easy A Aerobic	19	20 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	21	22 Event Heartbreak 1/2 Marathon (Ventura Beach) 6a-2p
23	24	25 5.0 Miles 330-5p (Iron Horse) Easy A Aerobic	26	27 4.0 Miles 330-5p (Loves) Tempo	28	29 10.0 Miles 6:00-10:00a (Facey) Moderate Long

