






# JANUARY 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2 4.0 Miles 9:00-11:00 (Loves River Run) Tempo	3	4 5.0 Miles 9:00-11:00 (Iron Horse) Tempo	5	6 10.0 Miles 6:00-10:00a (Facey) Moderate Long
7	8	9 5.0 Miles 330-5p (Iron Horse) Interval <i>Group Challenge!</i>	10 	11 5.0 Miles 330-5p (Iron Horse) Tempo	12	13 10.0 Miles 6:00-10:00a (Loves) Moderate Long
14	15	16 4.5 Miles 330-5p (Loves River Tour)	17	18 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	19	20 Event Heartbreak 1/2 Marathon (Ventura Beach) 6a-2p
21 	22	23 5.0 Miles 330-5p (Iron Horse) Interval Easy A Aerobic	24	25 4.0 Miles 330-5p (Loves) Tempo	26	27
28 Event Hollywood Trail 14K (Griffith Park) 6a-12p	29	30 5.0 Miles 330-5p (Iron Horse) Easy A Aerobic	31			

