



OCTOBER 2021



SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5 2.0 Miles 3:30-5:30p (Lowes) Tempo	6	7 2.0 Miles 3:30-5:30p (Lowes) Tempo	8	9 3.0 Miles 6:00-8:00a (Lowes) Moderate Long
10	11	12 2.0 Miles 3:30-5:30p (Lowes) Tempo	13	14 3.0 Miles 3:30-5:30p (Lowes) Tempo	15	16 4.0 Miles 6:00-8:00a (Lowes) Moderate Long
17	18	19 3.0 Miles 3:30-5:30p (Lowes) Tempo	20 Event Program Info Night (Zoom Meeting) 7-8:30p	21 3.0 Miles 3:30-5:30p (Lowes) Tempo	22	23 4.0 Miles 6:00-8:00a (Lowes) Moderate Long
24	25	26 4.0 Miles 3:30-5:30p (Lowes) Interval Group Challenge!	27	28 4.0 Miles 3:30-5:30p (Lowes) Tempo	29	30
31 Event LACC 5K 5-10am (UCLA) 5K	1	2 4.0 Miles 3:30-5:30p (Lowes) Interval	3	4 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	5	6 5.0 Miles 6:00-8:00a (Iron Horse) Moderate Long

