



# OCTOBER 2019

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