





# OCTOBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 2.0 Miles 3:30-5:00p (Lowe's) Tempo	4	5 2.0 Miles 3:30-5:00p (Lowe's) Tempo	6	7 3.0 Miles 6:00-8:00a (Lowe's) Moderate Long
8	9	10 2.0 Miles 3:30-5:00p (Lowe's) Interval	11	12 3.0 Miles 3:30-5:00p (Lowe's) Tempo	13	14 4.0 Miles 6:00-8:00a (Lowe's) Moderate Long
15	16	17 3.0 Miles 3:30-5:00p (Lowe's) Interval	18 Event Program Info Night TBD 7-8:30p	19 3.0 Miles 3:30-5:00p (Lowe's) Tempo	20	21
22 Event LACC 5K 6-11am (UCLA) 5K		24 4.0 Miles 3:30-5:00p (Lowe's) Interval Group Challenge!	25 	26 4.0 Miles 3:30-5:00p (Lowe's) Tempo	27	28 4.5 Miles 6:00-8:00a (Lowe's River Tour) Moderate Long
29	30	31 				