

Students Off And Running Master Training Schedule 2019-2020

Week	Week of	Day 1	Day 2	Long	Weekly Milage	Long Location
1	9/30/2019	2.00	2.00	3.00	7.00	Lowes
2	10/7/2019	2.00	3.00	4.00	9.00	Lowes
3	10/14/2019	3.00	3.00	3.10	9.10	LACC
4	10/21/2019	4.00	4.00	5.00	13.00	Iron Horse
5 (I)	10/28/2019 (I)	4.00	5.00	5.00	14.00	Facey
6	11/4/2019	4.00	4.00	5.00	13.00	Iron Horse
7	11/11/2019 (I)	4.00	5.00	5.00	14.00	Iron Horse
8	11/18/2019	5.00	4.00	5.00	14.00	Facey
9	11/25/2019	5.00	Holiday	8.00	13.00	Iron Horse
10 (II)	12/2/2019 (I)	5.00	5.00	6.20	16.20	SM Venice 10K
11	12/9/2019	4.00	4.00	10.00	18.00	Jingle
12	12/16/2019 (I)	4.00	5.00	8.00	17.00	Iron Horse
13	12/23/2019	Holiday	Holiday	10.00	10.00	Lowes
14	12/30/2019	Holiday	8.00	10.00	18.00	Facey
15	1/6/2020	5.00	4.00	10.00	19.00	Lowes
16 (III)	1/13/2020 (I)	4.00	5.00	13.10	22.10	Pasadena
17	1/20/2020	5.00	5.00	15.00	25.00	Facey
18	1/27/2020	5.00	4.00	13.10	22.10	Surf City
19	2/3/2020 (I)	4.00	5.00	10.00	19.00	Lowes
20	2/10/2020	4.00	4.00	20.00	28.00	Lowes
21	2/17/2020	4.00	6.20	10.00	20.20	MGM
22	2/24/2020	4.00	5.00	10.00	19.00	Facey
23	3/4/2019	2.00	2.00	26.20	30.20	LA
Total Miles					389.90	

Interval Training

10/28/2019 (I) Group Interval

Hill Training

Event