

**Students Off And Running
Master Training Schedule
2021-2022**

Week	Week of	Day 1	Day 2	Long	Weekly Milage	Long Location
1	10/4/2021	2.00	2.00	3.00	7.00	Lowes
2	10/11/2021	2.00	3.00	4.00	9.00	Lowes
3	10/18/2021	3.00	3.00	4.50	10.50	Lowes River Tour
4 (I)	10/25/2021 (I)	4.00	4.00	3.10	11.10	LACC 5K
5	11/1/2021	4.00	5.00	5.00	14.00	Facey
6	11/8/2021	4.00	4.00	5.00	13.00	Iron Horse
7	11/15/2021 (I)	4.00	5.00	4.50	13.50	Lowes River Tour
8	11/22/2021	5.00	Holiday	5.00	10.00	Facey
9	11/29/2021	4.00	4.00	8.50	16.50	SOAR Blender
10 (II)	12/6/2021 (I)	4.00	4.00	6.55	14.55	Santa 2 Sea 10K+
11	12/13/2021	4.00	4.00	10.00	18.00	Jingle Bell
12	12/20/2021 (I)	5.00	Holiday	Holiday	5.00	No Long
13	12/27/2021	8.00	4.50	Holiday	12.50	No Long
14	1/3/2022	4.00	5.00	10.00	19.00	Facey
15 (III)	1/10/2022 (I)	4.00	5.00	10.00	19.00	Lowes
16	1/17/2022	4.50	5.00	13.10	22.60	Heartbreak 1/2
17	1/24/2022	5.00	4.00	10.00	19.00	Facey
18	1/31/2022	5.00	4.00	13.10	22.10	Surf City 1/2
19 (IV)	2/7/2022 (I)	4.00	5.00	13.10	22.10	Santa Clarita 1/2
20	2/14/2022	4.00	4.00	15.00	23.00	Facey
21	2/21/2022	4.00	6.20	10.00	20.20	MGM 5K
22	2/28/2022	4.00	4.00	20.00	28.00	20 Miler
23	3/7/2022	4.00	5.00	10.00	19.00	Facey
24	3/14/2022	4.00	2.00	26.20	32.20	LA
Total Miles					400.85	

Interval Training

11/1/2021 (I) Group Interval

Hill Training

Event