

Students Off And Running Master Training Schedule 2022-2023

Week	Week of	Day 1	Day 2	Long	Weekly Milage	Long Location
1	10/3/2022	2.00	2.00	3.00	7.00	Lowes
2	10/10/2022	2.00	3.00	4.00	9.00	Lowes
3	10/17/2022	3.00	4.50	3.10	10.60	LACC 5K
4 (I)	10/24/2022 (I)	4.00	5.00	4.50	13.50	Lowes River Tour
5	10/31/2022	4.00	5.00	5.00	14.00	Facey
6	11/7/2022	4.00	5.00	3.10	12.10	Fidel 5K
7	11/14/2022	5.00	4.50	5.00	14.50	Facey
8	11/21/2022	5.00	Holiday	5.50	10.50	Lowes CupUchino
9 (II)	11/28/2022 (I)	5.00	5.00	8.50	18.50	SOAR Blender
10	12/5/2022	4.50	4.00	6.55	15.05	Santa 2 Sea 10K+
11	12/12/2022	4.00	4.00	10.00	18.00	Jingle Bell
12 (III)	12/19/2022 (I)	5.50	Holiday	Holiday	5.50	No Long
13	12/26/2022	8.00	4.50	Holiday	12.50	No Long
14	1/2/2023	4.00	5.00	10.50	19.50	Ragnar Challenge
15 (IV)	1/9/2023	5.00	5.00	10.00	20.00	Facey
16	1/16/2023 (I)	4.50	5.00	13.10	22.60	Heartbreak 1/2
17	1/23/2023	5.00	4.00	8.60	17.60	Hollywood Trail 14K
18	1/30/2023	5.00	4.00	13.10	22.10	Surf City 1/2
19 (V)	2/6/2023 (I)	4.00	5.00	8.50	17.50	SOAR Blender
20	2/13/2023	4.00	4.00	15.00	23.00	Facey
21	2/20/2023	4.00	6.20	10.00	20.20	MGM 5K
22	2/27/2023	4.00	4.00	20.00	28.00	20 Miler
23	3/6/2023	4.00	5.00	10.00	19.00	Facey
24	3/13/2023	4.00	2.00	26.20	32.20	LA
				Total Miles	402.45	

Interval Training
Hill Training
Strength Training
Event

11/14/2022 (I)	Group Interval
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Training Locations and Distances				
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- Lowes Out and Back - 3.0 MI
- Lowes Traditional Circuit - 4.0 MI
- Lowes River Run - 4.5 MI
- Lowes CapUchino Rise and Grind - 5.25 MI
- Iron Horse to Decoro Loop - 5.0 MI
- Heritage Park to Copperhill Loop - 5.0 MI
- Fish Canyon Trail Run Out and Back - 5.5 MI
- Towsley Canyon Loop Trail Run - 5.0 MI
- Heritage to Wildwood Trail Run Out and Back 5.6 MI
- Facey Hill Loop - 5.0 MI
- Iron Horse to Copperhill - 8.0 MI
- SOAR Blender - Iron Horse to Lowes RR to Lowes Traditional - 8.5 MI
- SOAR Ruckus 15K - Iron Horse to Decoro to Lowes Traditional Circuit - 9.3 MI
- Lowes Out and Back to Orchard Village - 10 MI
- Iron Horse to Decoro - 8.0 MI
- Iron Horse Decoro / Copperhill Combo Loops - 13.1 MI
- 4 Corners Short from Lost Canyon to Heritage Park - 20 MI
- The Crucible - PJHS to Lowes Out and Back X 2 - 20 MI
- 4 Corners Full from Lost Canyon to Heritage Park - 26.2 MI