

**Students Off And Running
Master Training Schedule
2023-2024**

Week	Week of	Day 1	Day 2	Long	Weekly Milage	Long Location
1	10/2/2023	2.00	2.00	3.00	7.00	Lowes
2	10/9/2023	2.00	3.00	4.00	9.00	Lowes
3	10/16/2021	3.00	3.00	3.10	9.10	LACC 5K
4 (I)	10/23/2023 (I)	4.00	4.00	4.50	12.50	Lowes River Tour
5	10/30/2023	4.00	5.00	5.00	14.00	Facey
6	11/6/2023	4.00	4.00	3.10	11.10	Fidel 5K
7	11/13/2023 (I)	4.00	5.00	4.50	13.50	Lowes River Tour
8	11/20/2023	5.00	Holiday	5.50	10.50	CupUchino R&G
9	11/27/2023	4.00	4.00	8.50	16.50	SOAR Blender
10 (II)	12/4/2023 (I)	4.00	4.50	6.55	15.05	Santa 2 Sea 10K+
11	12/11/2023	4.00	4.00	10.00	18.00	Jingle Bell
12	12/18/2023 (I)	5.00	4.50	Holiday	9.50	No Long
13	12/25/2023	8.00	Holiday	Holiday	8.00	No Long
14	1/1/2024	4.00	5.00	10.00	19.00	Facey
15 (III)	1/8/2024 (I)	4.00	5.00	10.00	19.00	Lowes
16	1/15/2024	4.50	5.00	13.10	22.60	Heartbreak 1/2
17	1/22/2024	5.00	4.00	8.70	17.70	Hollywood 14K
18	1/29/2024	5.00	4.00	13.10	22.10	Surf City 1/2
19 (IV)	2/5/2024 (I)	4.00	5.00	10.00	19.00	Lowes
20	2/12/2024	4.00	4.00	15.00	23.00	Facey
21	2/19/2024	4.00	6.20	10.00	20.20	MGM 5K
22	2/26/2024	4.00	4.00	20.00	28.00	20 Miler
23	3/4/2024	4.00	5.00	10.00	19.00	Facey
24	3/11/2022	2.00	2.00	26.20	30.20	LA
Total Miles					393.55	

Interval Training

10/23/2023 (I) Group Interval

Hill Training

Event

Training Locations and Distances

- 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