

**Students Off And Running
Master Training Schedule
2024-2025**

Week	Week of	Day 1	Day 2	Long	Weekly Milage	Long Location
1	9/30/2024	2.00	2.00	3.00	7.00	Lowes
2	10/7/2024	2.00	3.00	4.00	9.00	Lowes
3	10/14/2024	3.00	3.00	4.50	10.50	Lowes River Tour
4 (I)	10/21/2024 (I)	4.00	4.00	3.10	11.10	LACC 5K
5	10/28/2024	4.00	5.00	5.00	14.00	Facey
6	11/4/2024	4.00	4.00	3.10	11.10	Fidel 5K
7	11/11/2024 (I)	4.00	5.00	4.50	13.50	Lowes River Tour
8	11/18/2024	5.00	4.00	5.50	14.50	CupUchino R&G
9	11/25/2024	4.00	Holiday	8.50	12.50	SOAR Blender
10 (II)	12/2/2024 (I)	4.00	4.50	8.00	16.50	Iron Horse
11	12/9/2024	4.00	4.00	6.20	14.20	SM / Venice Xmas 10K
12	12/16/2024 (I)	5.00	4.50	10.00	19.50	Jingle Bell
13	12/23/2024	Holiday	Holiday	8.50	8.50	SOAR Blender
14	12/30/2024	4.00	5.00	10.00	19.00	Facey
15 (III)	1/6/2025 (I)	4.00	5.00	10.00	19.00	Lowes
16	1/13/2025	4.50	5.00	13.10	22.60	Heartbreak 1/2
17	1/20/2025	5.00	4.00	10.00	19.00	Lowes
18	1/27/2025	5.00	4.00	13.10	22.10	Surf City 1/2
19 (IV)	2/3/2025 (I)	4.00	5.00	7.50	16.50	Hollywood 12K
20	2/10/2025	4.00	4.00	15.00	23.00	Facey
21	2/17/2025	4.00	6.20	10.00	20.20	MGM 5K
22	2/24/2025	4.00	4.00	20.00	28.00	20 Miler
23	3/3/2025	4.00	5.00	10.00	19.00	Facey
24	3/10/2025	2.00	2.00	26.20	30.20	LA
Total Miles					400.50	

Interval Training

10/23/2023 (I) Group Interval

Hill Training

Event

Training Locations and Distances			
Lowes Out and Back - 3.0 MI	Sycamore Canyon Trail (Ventura) - 13 MI Out and Back \$12 Parking (No Dogs)		
Lowes Traditional Circuit - 4.0 MI	Pyramid Lake to Hungry Packer Camp - 10.0 MI Out and Back		
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			